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Photo Editor TJ Hooker

Wolk gives Fall Convocation Address

By Dorothy Dahm Staff Writer

On August 27th at 12:30 p.m., Fall Convocation took place at Castleton's Fine Arts Center. Members of the 2002 Student Orientation Staff served as ushers, handing out programs to attendees. Conducted by new Music professor Gregory Wolynec, the Castleton Wind Ensemble opened convocation with a performance of "America the Beautiful." Next, Castleton president David Wolk welcomed new Physical Education, English, Natural Science, Business, History, Psychology, Music and Sociology professors to Castleton. He introduced new staff members from a variety of departments, including Financial Aid and Admissions.

After President Wolk's introductions, Student Association President April Gordon and Faculty Assembly President Brad Hunt spoke optimistically about the new academic year. Next, President Wolk gave his commencement address. In his speech, Wolk described the changes he hoped to achieve at the college, including financial stability, improved fund-raising, campus beautification and renovation of Leavenworth and Woodruff Hall.

- He also detailed a few of his accomplishments since assuming Castleton's presidency. President Wolk has worked with the Admissions Office to increase student enrollment and raise the standards for admission. He also mentioned the addition of field hockey, ice hockey, skiing and snowboarding to Castleton's Athletics program and the long-awaited coffeehouse that will open in Moriarty later this fall.

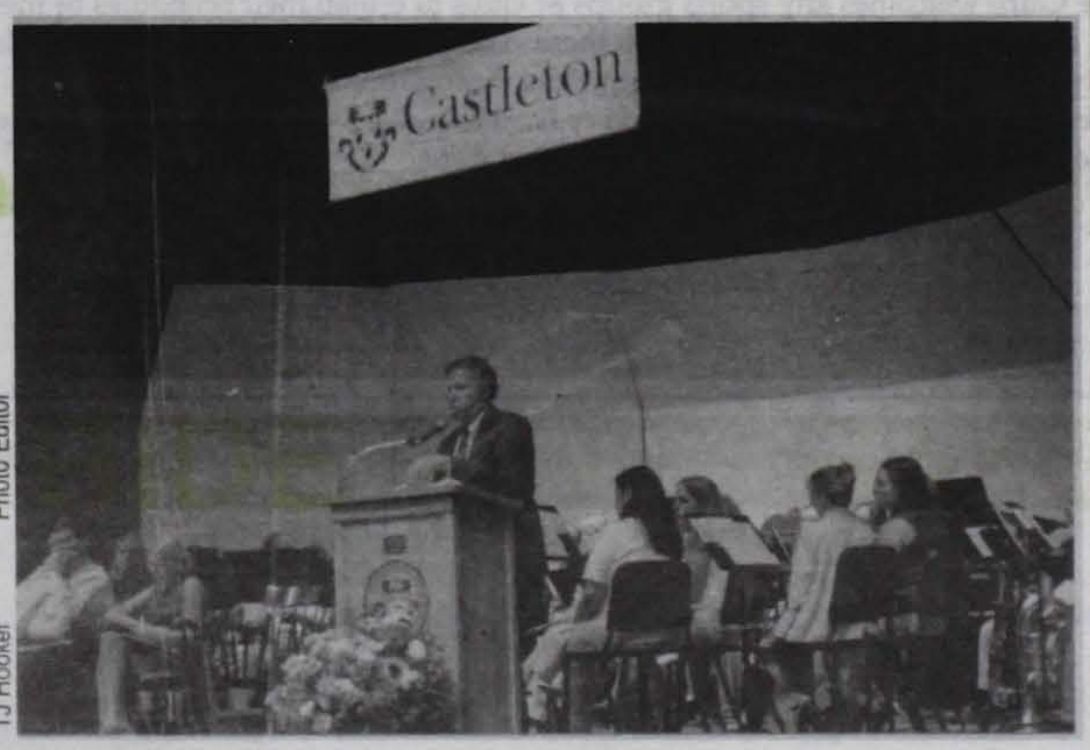

Photo Editor TJ Hooker

After President Wolk's speech, the Wind Ensemble concluded the ceremony with a performance of Castleton's anthem. Immediately following convocation, students, faculty, staff and administration shared refreshments at a reception in the Christine Price Gallery.

The full text of President Wolk's speech is available online at www.castleton.edu.

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editorial. \'karn\

The Cairn has an all new staff

I would like to welcome everyone to a new semester of the Cairn. I am pleased and excited to announce that the Cairn is undergoing many new changes, including our staff. We have new photographers, sports writers, political writers, and a new business manager.

We have a very talented and hard-working staff this semester, all of which truly take pride in their writing and photography.

As many of you can tell, we have changed the entire look of the Cairn to something more professional and modern.

Our goal as a staff this semester is to keep students, faculty members, and community members informed about important issues facing Castleton State College. We would also like to do a better job of informing individuals of national and local news.

My personal goal as Editor-in-Chief this semester is to make very clear to all of the students that this newspaper is a student-run newspaper. This paper acts as a vehicle for any questions or concerns that you face as students here at Castleton. I encourage students to let their voices be heard through their writing.

The Cairn welcomes any sports groups or clubs to e-mail their schedules or meeting times and we will be happy to publish them. The Cairn also encourages any student of faculty member to submit a story at any time throughout the semester.

The Cairn staff and I have worked very hard to make this a newspaper that everyone can be proud of so we hope you enjoy our first issue.

April Garvey
Editor-in-Chief

Carin Staff

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New Coffeehouse offers another on-campus gathering place

By Scott Lanphear Staff Writer

A new coffeehouse will be opening in Moriarty House this year. It will provide another option for students and faculty when it comes to on-campus dining.

According to Dean of Students Greg Stone, the coffeehouse will offer students and faculty a gathering place during the day. It will be open from 8 a.m. to 5p.m. and will offer students, especially commuters, a place to get a bite to eat between classes.

According to Stone, the coffeehouse will also be open on evenings when there is an event in the Fine Arts Center. It may be used for small events, but Stone notes that there will not be enough room for large events, like those that take place in the Campus Center.

Cindy Ondria, wife of Food Services Director David Ondria, said that the new coffeehouse would have a menu similar to the Woodruff La Cart, which it is replacing.

It will begin as a "grab 'n' go" place, but will be expanded into a more coffeehouse-type setting after renovations are added to Moriarty. The coffeehouse is expected to open on Thursday September 5th.

David Wolk, the new president, said he came up with the idea for a coffeehouse as "a good place for students and faculty to congregate" on the academic side of campus. Wolk added that it might eventually feature entertainment and perhaps even a cyber café.

"The idea is to build community," Wolk said adding that it will be good to have "a place where people can congregate informally." He said that the name of the new coffeehouse has not been decided yet.

From Prague to Castleton

By Rebecca Becker Staff Writer

"A fairy tale city, cobblestone streets and pastel colored houses everywhere." Castleton's new music teacher Dr. Gregory Wolynec describes his time spent in Prague before he came here to Castleton. Wolynec participated in the Fullbright Grant program last year.

After the events of September 11th there were rumors that the program was going to shut down. Fortunately, Wolynec and his wife were able to leave as scheduled, and were welcomed when they arrived in Prague on September 23rd.

Wolynec traveled throughout the Czech Republic and other parts of Europe. He and his wife lived in an apartment on the border of the old town established in the year 1400.

Wolynec completed his research in May of 2002 and then began his traveling. He traveled to Tuscany, London, Poland and Germany.

A Rutland, Vermont native, Wolynec said he is excited to be back in Vermont and be a part of the Castleton music department.

Good Old Castleton: Why Change It Now?

By Billie Pisaniello Feature Editor

Students have been seeing a new name on campus. Many are wondering why the college has changed its name. The truth is, we haven't. Our school name remains Castleton State College, which should make many of us happy.

"Castleton: A Vermont State College," is our new logo. What we're seeing on t-shirts and letters from the college is not a new name. Ennis Duling, from Public Information, explained that this is for a consistent, recognizable appearance on all items related to Castleton. "It's like the Nike swoosh. People see the symbol and immediately recognize Castleton. It's called a signature logo. You can expect to see it on all ads, business cards, stationary, apparel accessories, banners and college vehicles."

The college seal, which was part of the old logo, is now to be reserved for places of honor. It is no longer used in marketing to potential students. It will be used mainly for academic purposes such as commencement and convocation. As mentioned in the May 29th campus newsletter, "it should not be overused or used casually. It is not a logo; it is a symbol of the college's traditions and of academic achievement."

The "Vermont State College" part of the new logo is to inform high school students that we are located in Vermont. Duling also says there was no intention of removing the 'state' from the name, for we are proud to be a state institution. We want the name to convey prestige.

The abbreviation "CSC" can still be used; but it is very common and seen often around the country. We call our school Castleton State College all the time and that is still our name. Students need not worry about a change in identity, as Duling says, "Our name is Castleton State College. It has not been changed, and that is what you can expect to see on your diplomas."

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'A' is for Advocacy

Marilynn Verna Christian Staff Writer

At approximately 10:20 on the 19th of November 1999, Christian and a witness were traveling southbound on Route Seven headed towards Manchester, Vermont. Prior to going around a bend in her Blue Plymouth Voyager 1987 she told her friend to take notice she was doing less than speed signs at forty eight m.p.h. She had on her cruise control on. The witness was Patricia Wade.

Pat looked, saw a white dot way down the highway straightaway and it pulled out going past Christian then turned around putting on his lights.

The officer stepped out approaching the van,and said they were exceeding the speed limit at 68 miles per hour. Both women laughed and the officer was caught off guard. Christian told him she was involved in investigations around the State of Vermont.

She said she knew there was a danger of cancer with radar detectors and did not believe he even used it. They conversed at least five minutes at that point in time, him stammering many times repeating he "guesstimated" the speed. Twice they asked him, "What?" Then he said "We don't drive armed with our radar guns on, so we have to estimate." They laughed again, never hearing that term before. Later after talking with some Sheriff's at the State House she learned most officers 'Guesstimate'.

The office returned about five minutes later insisting on seeing her updated insurance card. At one point he had a clip board, on the return he did not.

So, she said it must be in the back of the van. He accompanied her to the back of the van and commenced to tell her all over again what speed she was going. She adamantly told him, "Officer I was not speeding." She told him he was making her late to go visit a friend of hers. She had told him she would be appealing.

The officer used a Certificate of Accuracy dated 8-14-96 from C.W. Electronics of Rensselaer, N.Y. as his proof of quality radar and claimed in court he used his radar. There was no proof it belonged to the officer's cruiser.The Judge said evidence was closed. Christian requested copies of the officer's certificate.

When asked the officer said he made the statement, "We don't drive armed with our radar guns on, so we have to estimate?" So, he admitted that he had estimated the driver's speed. The officer implored that the Court accept a video tape of the ticketing that day. The Judge said the evidence was closed. But the officer said, that it was important.

Christian objected because, evidence was closed. The Judge said there was no video in the Court, that they could bring a cruiser and watch it from a small screen. Christian said it would be difficult to see imperfections in a small viewer.

Christian and the Judge sat in the front seat of the cruiser to watch a two inch screen. Christian pointed out to the judge it could not have been original film because it was a sunny day, and that the film was dark and blurry. One could not read the lettering on the back of her van, there was no speaking on the radio giving a description of what her vehicle looked like. She pointed out to the Judge that the picture was jumpy, had burns on it, and audio waves.

Christian pointed out that the traffic pull over directly before Christian's was a prior month in date. The Judge gave Christian a copy to study on her own.

Christian suggested there were muffled glitches in some areas of the film, missing scene clips and missing conversation. Judge Michael C. Pratt had promised to let Christian see the original tape, Vermont Judicial Bureau Dean Martin manager at White River refused access. Judge Pratt sent Christian to return for another hearing on her findings.

Dean Martin called Christian and told her the Judge decided her paperwork was good enough, she should not travel, to cancel. Later, she found out the hearing was held, and she was accused of being in contempt therefore; guilty. The crime required Christian to immediately appeal to spare loss of her rights to travel. She appealed, re-appealed, defending herself against what she saw as repeated lies, and unfair bias. Judge Michael Pratt issued two orders alleging that the"Defendants allegation simply "guesstimated" the speed of her vehicle is not supported by credible and reliable evidence. Defendant's allegation that the State "illegally edited" the videotape was admitted as State's Exhibit 1 .

U.S. Supreme Court: Briscoe v. LA HUE: 460: 1982-1983:
*"The only witness that can be brought forward by the plaintiff is one single police officer: who is not a reliable witness: The United States Supreme Court, has ruled in Briscoe v. La Hue, 460: U.S. Reports: That Police officers may commit *Perjury*with*Total*Impunity: The officer is an interested witness: in that: his personal reputations and future success as a police officer are involved: therefore, to benefit himself, it would be in his interest to perjure himself: to maintain a high degree of credibility among his peers, to make his efficiency appear greater in the eyes of his superiors: since it is in the best interest of officer to appear efficient, competent and reliable by his supervisors and to make him more accepted by his peers: he needs to obtain a conviction: since there is no civil or criminal consequences to him if he does perjure himself: he has nothing to lose: therefore, the testimony of the officer cannot be reliable and must be discarded by the court."*

Read more in the case filed before Vermont Supreme Court Docket # 74-2-01 Rdcv 6/24/2002.

It's Not Your Daddy's War

By, Pete Sutters Jr. Staff Writer

In 1991 when Iraq attacked its neighbor, Kuwait, the United Nations responded by condemning Iraq through collective security. Many nations of the world joined the Untied Nations by sending troops, equipment and money. The United States led the attack, however the war was fought under the UN flag. The President of the United States, George Bush, first said the war was about oil, but then changed his mind and said it was about liberating Kuwait, right. Well, we won, I mean the United Nations won the war in unprecedented time and drove Saddam Hussein out of Kuwait, but he remained in power.

Along came Bill Clinton who within months of being in office learned about an assassination attempt on George I, so he launched a few cruise missiles to teach those Iraqis a lesson. Through out his term in office, Clinton, never really wanted a war with Iraq, but kept a close eye on the dictator and his interns. Next in line to rule the free world was a 'C' student from Yale, with a history of alcohol and "possible" drug abuse an unsuccessful oil man and part owner of a Major League baseball team. He also had a short stint as governor of Texas. Hmmm, seems qualified. Once George W. Bush, or G. Dubs, stole the election, he quickly surrounded himself with daddy's old friends.

After September 11th G. Dubs got to have himself a little war with a Third World country. We quickly won the war and the overly oppressive Taliban regime was otherthrown and al Qaeda was dispersed throughout the region, while some are on permanent vacation at Camp X-ra

Well, idle hands are the devils workshop, and G. Dubs and his dad's friends feel that a " regime change" in Iraq is next on the agenda because he has weapons of mass destruction. I must have missed the memo that went out after the end of the Cold War when the United States dismantled its thousands of nuclear warheads, and disbanded its chemical weapons program. Anthrax jokes anyone?

So that brings us to current times when the United States, and by that I mean the president and his posse, want to fight a war in which every other country on earth has said it would not support, save Great Britain and Israel. The Untied Nations wants to send in more weapons inspectors to try to resolve the matter peacefully, but our fearless leaders say that this is just a play so that Saddam can build his military.

I guess they could be right and I could just be a cynical liberal student looking to get his name in the school newspaper, but at least I have an opinion. Do you?

I have an opinion. Do you ?

You Know You're In College When

* You go through two cases of Ramen noodles per week.
* You stop wearing underwear because, frankly, doing laundry is a pain in the ass.
* You'd walk two miles to get to a party, but the five minute walk to a 8 a.m. class is out of the question.
* You have to seriously question whether the clock means 4:30 pm or 4:30 am
* You have no memory of what it's like to take a shower barefoot.
* You have a 20-minute conversation on instant messenger with someone whois across the room.
* You ask yourself "Have I changed my sheets yet this YEAR?"
* You'd rather CLEAN than study. Weird, huh?
* The thought of being alone in a room is soooo creepy.
* You are so used to tuning out background noise that when people talk to you,
it takes a conscious effort to listen to their words.
* You think people who shower and get dressed before noon are weird.
* You go into the café and fill your purse and pockets with plastic silverware and
napkins (because you're too cheap to buy tissues.)
* You go into the supermarket and peoples' mouths drop all around you because everything you say is a 4-letter word.
* You know of at least 200 things that you can do to put off your work a little while longer.

by Jessica Dewey Managing Editor

The Castleton Catwalk

by Nicole Root Staff Writer

There is an entire district devoted to fashion in the heart of Manhattan. In Paris people come from all over the world to catch a glimpse. While right here at Castleton State College, fashion sets the tone for the uniqueness of our small institution. Fashion has become a grand scene here in the heart of rural Vermont. The punk, the prep, the sheik, and oh yeah the lethargic are the realm of the fashion runway here at Castleton. Take a walk around the common areas of school during class breaks and you will see an amazing spectacle of fashion taste.

Rugby shirts have arrived on campus. Surprisingly, they are not just being worn by men, but by the women here on campus as well. So, kudos to Old Navy, we here at Castleton do have our own Rugby bunch.

The Denim skirt has also invaded campus this fall appearing short, knee length, cropped and ankle length. But whatever the length it is the slit that is making the grade. Whether it is on the side, back, or front. The skirts are being accentuated with classic leather belts, or the new trendy leather frayed belts.

Gentlemen, it must be said that even though we do not attend an institution with a dress code, it is nice to see that you do tuck in the your shirts. Most importantly, I would like to congratulate you on making the T-shirt trendy and stylish. Especially when you choose to wear more than one at a time. It appears that the T-shirt is a dazzling display of the style of the male population here at Castleton. So, as I sit here in the only pair of Doyleche and Gabana shoes I will most likely ever own, I can easily say that it is truly refreshing to see the creative fashion choices of the student body here at Castleton.

Will the city trend of big cuffed oxfords and corset jeans make their way to CSC? I'm sure if they do the student body will do their best to make them their own.

Do you sleep enough?

By Jessica Dewey Managing Editor

We all know how important quality sleep is for our bodies and our minds, yet so many of us live in a vicious cycle of sleep-deprivation. There are many reasons that we, as college students, often lack the proper amount of sleep. We have papers to write, books to read, and, of course, social lives. Quite often we sacrifice sleep to allow time for all our activities. But, your body needs sleep in much the same way, as it needs food, water, and air.

Getting inadequate sleep can seriously impair social, physical, and academic performance. Lack of sleep can also pose threats to your physical health; during stressful times it is particularly essential to get proper sleep.

Although the exact amount of required sleep can vary among individuals, most adults need seven or eight hours of sleep each night. However, many people need more.

"People who suffer from lack of sleep often have a hard time concentrating, and can be grumpy and short-tempered," says to Deb Choma, R.N. and Director of Health Services at Castleton State College.

There are many lifestyle factors that influence the quality of sleep you get. Deb points that eating within two hours of bedtime can interfere with sleep. Most importantly, you should avoid smoking, drinking, and using other drugs, particularly right before bed.

"Drugs like alcohol and nicotine interfere tremendously with your sleep," Deb says. Although alcohol and other drugs may seem to help you fall asleep; research shows that they induce light and low-quality, non-restorative sleep.

There are multiple reasons people do not sleep well enough or often enough. Maybe your living environment is simply not conducive to sleeping. Maybe you physically cannot fall asleep, which could be due to stress or a personal issue you are dealing with.

If a problem is significant enough that it is getting in the way of restful sleep, there is help available. Right here on campus there are people qualified to help you sort out personal issues, teach you relaxation techniques, and help you develop organizational and time management skills so that you can get the sleep you need.

If you are having trouble sleeping, you are urged to CSC's Health Services, either by stopping by the Wellness Center, or by calling 468-1313.

If you are having trouble sleeping

- Establish a regular sleep pattern. Try to go to sleep and get up around the same times every day.
- Exercise. The best time of day to exercise is late afternoon. The worst time is right before bed.
- Develop a bedtime routine. Stop studying at least a half-hour before you want to sleep and do something that relaxes you.
- Avoid caffeine, nicotine, alcohol, and other drugs, especially right before bed.
- Create an environment that is conducive to sleep. If you have a roommate, discuss your needs as far as acceptable noise in the room.

Consider agreeing on a "lights-out" time. Earplugs, headphones, and steady background noise (like a fan) can also help.

Fitness Center

The Fitness Center is open to STUDENTS and SHAPE MEMBERS only.

Monday, Wednesday & Friday
7:30 a.m.-9:00 a.m.
Monday & Wednesday
12:00 p.m.-8:00 p.m.
Tuesday & Thursday
12:30 p.m.-8:00 p.m.
Friday
12:00 p.m.- 7:00 p.m.
Sunday
6:00 p.m.- 8:00 p.m.

Front Desk, Gym and Racquetball Courts
Monday & Wednesday
7:30 a.m.- 9:00 p.m.
Tuesday & Thursday
8:30 a.m.- 9:00 p.m.
Friday
7:30 a.m.- 8:00 p.m.
Saturday
1:00 p.m.- 8:00 p.m.
Sunday
1:00 p.m.- 9:00 p.m.

Non-Members Gym * use fee $3.00 per person.
Non-Members using the Racquetball Courts must pay $10.00 per court, per hour fee.

IMPORTANT GYM NOTES
Due to inclement weather, varsity athletics may need to move practices indoors. The Gyms are also scheduled for a variety of other events. Please call ahead to check on availability.

For more information call the Front Desk 802-468-1482
****Children under the age of 16 must be under adult supervision at all times.**

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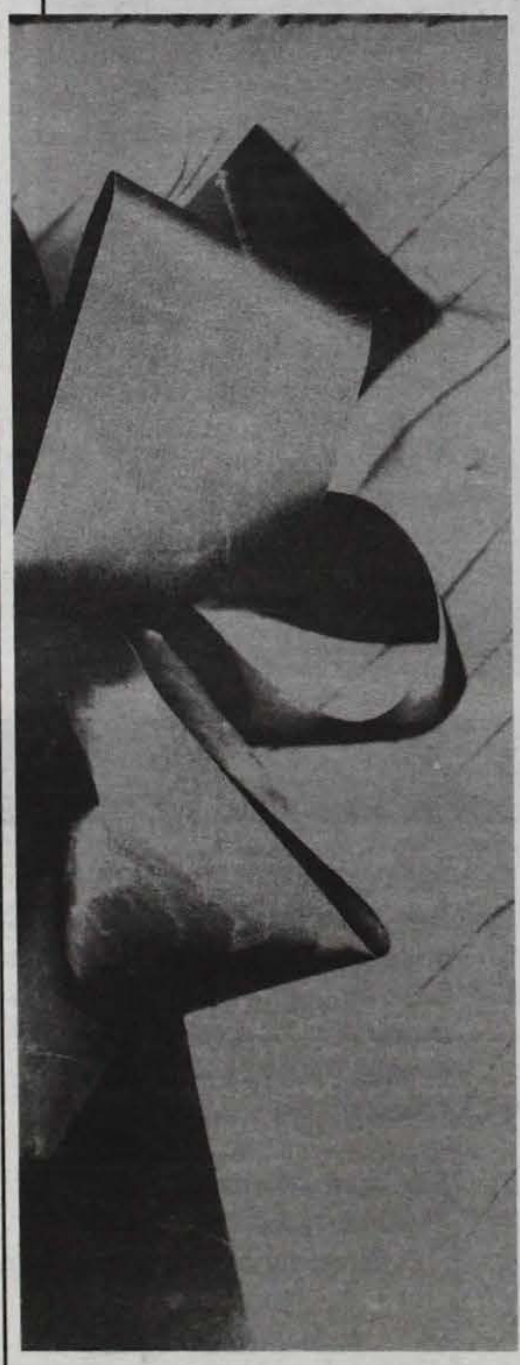
SHELL GAME

By David Budbill Contributing Writer

A year after 9/11, it is clear that George Bush and his administration are using the so-called War on Terror as an excuse to advance their dreams of unilateral domination abroad and their Right Wing agenda at home. The sooner we can be rid of This Disaster and his administration the better off we all will be.

Before 9/11 the Bush Administration established an arrogant, go-it-alone attitude toward the world community with acts such as withdrawing from the Kyoto Treaty for climate change. Then, after a brief post-9/11 sojourn into talk of coalitions and allies, Bush & Co. returned almost immediately to its myopic, unilateral way of approaching all issues. They thumbed their noses at Russia and withdrew from the ABM treaty; they refused to sign on to the International Court of Justice and demanded exemption from it they withheld our contribution to funding for United Nations Family Planning, to name only three in a depressingly long list of examples of ways in which the Bush administration is an international bully. And the president's abysmal failure of leadership in the Middle East, his embarrassingly pro-Israel stand, and his increasingly bellicose rhetoric about invading Iraq have not only alienated and infuriated moderate Muslims everywhere, they have also alienated and infuriated and frightened our former friends around the world.



And here at home Bush & Co. seem determined to alienate everyone but the most conservative. John Ashcroft invents TIPS—the Terrorism, Information and Protection System—so that we can spy on each other in the name of security. It sounds like the McCarthy Era or Communist Russia or Maoist China. The same man who invented TIPS also spent thousands of dollars to cover up the bare breasts of The Spirit of Justice. A year ago we were attacked by religious fanatics from far away; now our civil rights and our own spirit of justice are attacked by a religious fanatic here at home.

George Bush & Co. have found that The War on Terror is a handy tool for doing what they wanted to do anyway: gut environmental legislation and regulations, give more tax breaks to the rich, cut support for the young, the old and the poor. The list is endless.

Yet the American people are silent. Why?

I think it is because Americans are brow-beaten, bamboozled and depressed by the shenanigans of the last Presidential election—an election that was "won" with illegal and racist tactics in a state where the president's brother is the governor.

I think Americans are depressed knowing that "our" president was not elected but appointed by the Chief Justice of the Supreme Court.

I think Americans are depressed and incredulous at the Bush administration's self-righteous, moralistic bombast about business ethics while criminal CEO's run the White House.

I think Americans are depressed because they are genuinely threatened by and afraid of future terrorist attacks. They want wise, far sighted leadership in the White House, not self-serving megalomaniacs.

I think Americans are depressed because an unelected President declared a war that is not a war. We haven't smoked Osama bin Laden out of a hole.

In fact, nothing has happened except we've got a huge, new deficit, the stock market has fallen apart and the President has proposed a military budget larger than all the rest of the world's military budgets combined.

And for what? So we can fight Rogue States? Some wacko Axis of Evil?

The plague of Pax Americana is upon the world. And it is upon us also.

We—you and I and our country—we are the Rogue State. As Pogo once said, "We have met the enemy and he is us." Yet as a nation, it's as if we are hypnotized by a bunch of fast talking street corner con-men and shills eager to sell us a bill of goods we know we shouldn't buy.

When are Americans going to wake up and realize that this so-called War on Terror is a sham, a scam, a shell game played on a cardboard box on the nation's street corner? On September 11, 2002, it is clear that George Bush has found a way with his War on Terror to keep the American public from speaking out about and rebelling against the insane travesty of justice and governance that is now transpiring in our nation's capitol. [733 words]

DAVID BUDBILL is a poet and playwright. His most recent book is MOMENT

TO MOMENT: POEMS OF A MOUNTAIN RECLUSE (Copper Canyon Press, 1999) Visit his website at: www.davidbudbill.com

Images courtesy of CNN newsfor more arhival images of 9.11.01 see:
http://www.september11news.com/USAWebArchives.htm

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9.11.2001

Images © CNN

A Year in Reflection

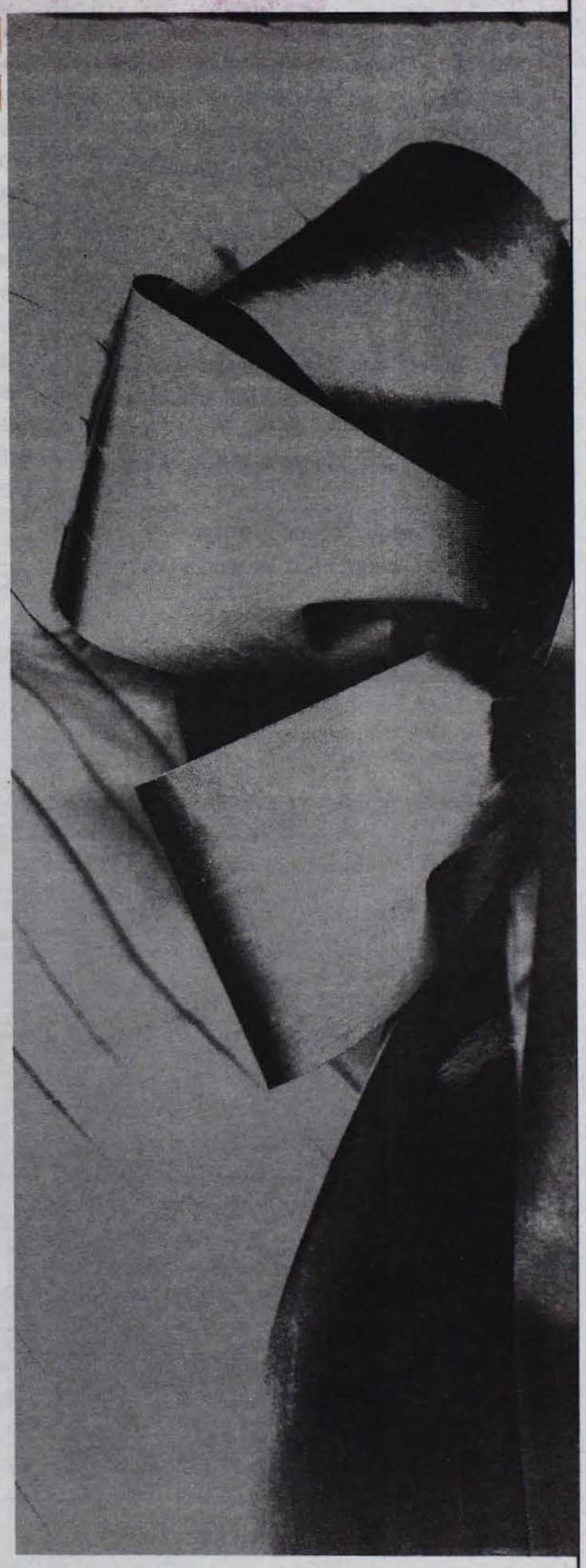
By Pete Sutters, Jr. Staff Writer

It began as a normal Tuesday. Wake up, take a shower, and flip on the news before class. That is when normal ceased to be. It was a day that changed the world forever. The attack of September 11th was the most covered media event in history. The O.J. Simpson trial is now a distant second. Now a year has gone by, and every media outlet will run a version of the attacks and discuss where the United States stands now. As I sit here at my computer I have seen three separate shows on television that are already showing how we have changed. MTV ran news documentary on the state of pop music and culture and how they have changed, or not. It got me thinking, how fast we returned to a September 10th way of life.

After September 11th, there were no commercials on television for days. All sporting events and concerts were canceled. People thought that it was the end of fun. Letterman came on and gave a heartfelt performance on The Late Show, but there was no humor. Hollywood was pulling movies that had planes or bombs in planes. Suddenly, every time someone sneezed at an airport it was evacuated and was breaking news.

Then, as the commercials returned, baseball and football seasons went on, and Letterman went back to making fun of himself for his lame jokes. America was back and, although wounded, we were stronger than ever. This is the greatest nation on earth, the land of the free and the home of the brave. Democrat or Republican, everyone loved President Bush. We went and fought a war and liberated the oppressed people of Afghanistan. But it all happened so quickly.

Before you knew it the nation was getting back to caring about who Jennifer Lopez was dating than trying to watch the news and read the scrolling news ticker at the same time. We felt comfortable again. The world has changed, but I think this great nation and its people have done what Americans do best, whatever they want. Chances are that at sometime, somewhere there will be another terrorist attack. We will do our best to protect our people, but we will still go see violent movies and gather in large crowds to root our sports teams on. We should never forget what happened that day last year, but we should not have to live under its shadow.



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womens soccer

Sept.4 Norwich University Away **4:00**
Sept.7 Plattsburgh State **Home 1:00**
Sept.9 Southern Vermont College **Home 4:00**
Sept.12 Green Mountain Colleg Away **4:00**
Sept.14 Mount Ida College ***Home 2:00**
Sept.15 Becker College *Away **12:00**
Sept.19 Elms College *Away **4:00**
Sept.21 Husson College **Home 12:00**
Sept.23 Russell Sage College **Home 4:00**
Sept.26 Massachusetts College of Liberal Arts Away **4:00**
Sept.28 Johnson State College * Away **12:00**
Oct.3 Bay Path College Away **4:30**
Oct.6 University of Maine- Farmington Away **12:00**
Oct.7 Maine Maritime Academy*Away **4:00**
Oct.13 Lasell College **Home**
Oct. 15 College of St. Joseph's (VT) **Home 3:30**
Oct.19 St. Thomas Aquinas **Home 2:00**
Oct.20 Lesley College *Away **2:00**
Oct.24 Lyndon State College Away **3:30**
Nov.3 North AtlanticConference(Quarter-Finals)**T.B.A.**
Nov. 7 North Atlantic Conference (Semi-Finals) **T.B.A.**
Nov. 9 North Atlantic Conference (Finals) **T.B.A.**
Aug.31 Western Connecticut State University

men's soccer

Away **1:00**
Sept.7 Howard Johnson Cup vs. Montclair State Away **1:00**
Sept.8 Howard Johnson Cup vs. William Paterson University Away **1:00**
Sept.10 St. Michael's College **Home 4:00**
Sept.12 Middlebury College **Home 4:30**
Sept.15 Becker College * Away **2:30**
Sept.17 Plattsburgh State Away **4:00**
Sept.21 Husson College **Home 2:00**
Sept.26 Southern Vermont College **Home 4:00**
Sept.28 Johnson State College * Away **2:00**
Sept.30 College of St. Joseph's (VT) Home **4:00**
Oct.2 Norwich University **Home 4:00**
Oct.4 Elms College * **Home 4:00**
Oct.7 Maine Maritime Academy Away **6:00**
Oct.8 University of Maine- Farmington Away **3:30**
Oct.13 Lasell College * **Home 2:00**
Oct.16 Skidmore College **Home 4:00**
Oct.21 Green Mountain College Away **3:00**
Oct.23 Lyndon State College **Home 3:30**
Oct.26 Mount Ida College * **Home 2:00**
Nov.3 North AtlanticConference (Quarter-Finals)
Nov. 6 North Atlantic Conference (Semi-Finals)
Nov.9 North Atlantic Conference Finals

womens tennis

Sept.10 Green Mountain College **Home 3:00**
Sept.13 Johnson State College Away **4:00**
Sept.15 Russell Sage College **Home 1:00**
Sept17 Massachusetts College of Liberal Arts Home **4:00**
Sept.22 Johnson State College **Home 1:00**
Sept24 Rensselaer Polytechnic Institute Away **4:00**
Sept.28 Becker CollegeHome **1:00**
Sept.29 Lyndon State College Home**1 2:00**
Oct.2 Massachusetts College of Liberal Arts **Home 3:30**
Oct.16 Green Mountain College Away **3:00**
Oct19 Lyndon State CollegeAway **12:00**

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A Great Change in Baseball

By Kirk Middleton Staff Writer

With little time to spare the owners and players of Major League Baseball finally reached an agreement. Baseball negotiators talked Thursday night and reached a tentative agreement on a labor contract that averted a strike. Such a strike would have canceled the remainder of the season, as well as the playoffs and World Series, as happened in the strike of 1994.

Owners of corporations exercise control over their employees. Sometimes good and done for reasons beneficial to the company, sometimes bad for instance that certain workers deal with harsh treatment. The owners of Major League Baseball have for so long exercised so little control over their employees that the players no longer see themselves as employees. Instead, they have grown to believe that they are bigger than the game itself.

Since being given the right to free agency in 1976, the players of MLB have grown more ambitious in each of the following years. They now tend to demand salaries without limitation. The Players Union has continually asked for, and been given, larger contracts for those players who are paid the league minimum in salary. Now, used to being given every demand that is asked, they continue to grow more aggressive and assertive.

This has brought in a drastic change in salaries. In 1976 the average salary was $51,500. Today the league minimum is $200,000 and under agreement it will be $300,000 next year. The average salary of a ballplayer today is $2.38 million annually.

Last Thursday the owners boldly went toe-to-toe with the players, unlike every other preceding altercation between the two, this time the owners did not back down. They were able to force the players into making certain concessions. The owners made serious gains in matters pertaining to the luxury tax. A tax that will in the future restrict how much the players will make for most small and middle market teams. It will also hinder the large market teams. For instance, if the Yankees continue to outbid teams for star players, it will cost them far more.

Another system that has been added is a new revenue-sharing plan similar to the one the NFL implemented several years ago. With this plan in place, there will no be greater parity in the league. The large market teams will have to give a hand to the financially struggling small market teams.

Now when you are watching the Fall Classic in October on television, you will be seeing a variety of logos and uniforms, I will no longer be a perennial World Series of Yankees vs. Braves (Steinbrener taking on Ted Turner).

The players were forced to make a decision. "It came down to us playing baseball or having our reputations and life ripped by the fans," said Steve Kline, the Cardinals' player representative.

There were a few concessions of which the owners gave the players as well; upping the minimum wage was one. The other was a bigger deal for many fans in certain areas. It was also a favorable decision which greed did not really play a factor for on either side. Owners attempted to fold the Montreal Expos and Minnesota Twins after this season. As part of their recent compromise, no team will be folded until 2006. The Expos will probably remain in Montreal for another season and then migrate to a warmer climate. Charlotte North Carolina or Washington D.C. appear on the horizon as valid options.

Commissioner Bud Selig considers the four-year agreement that was reached "historic." It is the first time in many years that players and owners have reached an agreement in collective bargaining without a work stoppage.

Cross Country team starting off Strong

By Dale Schaafsma Staff Writer

Although the Castleton men's Cross-Country team was in a rebuilding stage last year, the team is much stronger this year.

Cross-Country coach John Klein noted that this is the most talented and competitive group he has seen in several years. "If the team continues to improve they can challenge for the NAC Championship on November 2nd. Klein also mentioned that in a year or two the possibility exists for qualifying for the NCAA Championships.

Along with a stronger team than last year, the team is a new division this year. According to Joe Smith, co-captain of the team, "being in the Little East Division will give us better chances of doing well in competition."

Smith said the team last year had only four runners in a race. In order to score points and qualify for races, five runners are required for each team. This year the Cross Country team has seven runners in a pack.

All of the veterans are in better shape than last year, and the experience always helps, said both David Vadnais and Joe Smith.

Although the team lost key runners such as Luke Wigger and Ryan Kennett, they gained many first year athletes. With the additions of Keenan White, Kyle Moore, Kyle Vinton and Mitch Wenz the team has solidified itself.

Other substantial runners include Francis O'Hea, Jace Klein, Andrew Young, Mark Ringuette and Ryan Cymerman.

2002 MEN'S AND WOMEN'S CROSS COUNTRY SCHEDULE

Sept. 7 SUNY- Plattsburgh Plattsburgh, NY (M)- 11:00

Sept. 14 Middlebury College Middlebury, VT (W)- 1:00 (M)- 2:00

Sept. 21 Purple Valley Classic, Williams College Williamstown, MA (W)- 1:30 (M)- 12:00

Sept. 22 Alumni Fun Run. Castleton State College Kid Run- 9:00 Fun Run-9:30

Sept. 28 Elms College Invitational Chicopee, MA (W)- 11:00 (M)- 11:45

Oct. 4 St. Michael's College Colchester, VT (W)- 3:00 (M)- 4:00

Oct. 19 Southern Vermont College Bennington, VT (W)- 11:00 (M)- 11:45

Oct. 26 Castleton Invitational Castleton, VT (W)- 11:00 (M)- 11:45

Nov. 2 North Atlantic Conference Elms College Chicopee, MA (W)- T.B.A. (M)- T.B.A.

Nov. 9 NCAA Regionals (W)- T.B.A. (M)- T.B.A.

events

Calendar of Events

Mareisa Weil Staff Writer

Wednesday, September 11
The music of RAQ at Nectar's in Burlington, VT 10:00 p.m.

Thursday, September 12
Aaron Katz Band at Plymouth State College, Plymouth NH

Doctor Jones and Melvin Sparks at Club Metronome in Burlington, VT • 21+

Hiway Freeker at Nectar's in Burlington, VT • No cover, 9:00 p.m.-3:00 a.m.

Seepeoples at Valencia in Burlington, VT

Liquid Dead at Brewski in Jeffersonville, V.T • Show starts at 9:00 p.m., $5 cover charge

Antibals Afrobeat Orchestra with special guest Leon Tubbs at Higher Ground in Winooski, VT 18+ • Show starts at 9:00 p.m. Tickets are $10 in advance and $12 at the door.

***Soundings-** Tim Jennings and Leanne Ponder perform "World Tales and Celtic Music" at 12:30 p.m. in the Fine Arts Center

Friday, September 13
Hazie Maze at Monopole in Plattsburgh, N.Y. • Show starts at 11:00 p.m. 21+

Sex Mob at Club Metronome in Burlington, VT
21+ opening act TBA

Bruce Hornsby at the Flynn Theater in Burlington, VT
The Thang at Nectar's in Burlington, VT • Show starts at10: 00 p.m.

George Clinton and the P-Funk All Stars at Johnson State College, Johnson, VT
Show starts at 8:00 p.m. Tickets $30

Mountain Venus at the Perfect Wife in Manchester, VT •
Show starts at 10:00 p.m. 21+ $5 cover charge

Doctor Jones at Candeleros in Rutland, VT • Show starts at 10:00 p.m. 21+

Delbert McClinton's Nobby Reed Project at Higher Ground in Winooski, VT • 18+

Saturday, September 14
Liquid Dead at Nectar's in Burlington, VT • Show starts at 9:00 p.m. 21+ $5 cover charge

Hazie Maze at Red Square in Burlington, VT • Show starts at 10:00 p.m. • 21+

Mountain of Venus at Valencia in Burlington, VT • Show starts at 10:00 p.m. 21+

Sunday, September 15
A440 at Nectar's in Burlington, VT • Show starts at 9:30 p.m.

The Grift at Sweetwaters in Burlington, VT

Wednesday, September 18
Fareed Haque and Garag Mahal at Club Metronome in Burlington, VT • Show starts at 9:00 p.m. tickets $14

RAQ at Nectar's in Burlington, VT
Show starts at 10:00 p.m.

Indigo Girls, featuring K's Choice at Memorial Auditorium in Burlington VT

Thursday, September 19
Honeycreeper at Monopole in Plattsburgh, NY • Show starts at 10:00 p.m. 21+

G. Love and Special Sauce, featuring Leftover Salmon at the Flynn Theater in Burlington, VT
Show starts at 8:00 p.m.
Tickets $24.25 in advance

The Ordinary Way and Spooky Daly Pride at Nectar's in Burlington, VT • Show starts 9:00 21+

Leon Tubbs at the Waiting Room in Burlington, VT • 11:00 p.m. 21+

Project Object, featuring Deep Soda at Higher Ground in Winooski, VT • Show starts at 10:00 p.m. • 18+ tickets $14

***Soundings:** The Beauty Queen of Leenane at the Fine Arts Center • 8:00 p.m. tickets required

Friday, September 20
Doctor Jones at 7 Barrel Brewery in West Lebanon, NH
10:00 p.m. 21+

Slinky Tripp at Monopole in Plattsburgh, NY
Show starts at 10:00 p.m.

Seth Yacavone Band at the Waterhole #3 in Saranac Lake, NY

Suspect at Nectar's in Burlington, VT • Show starts at 9:30 p.m.

Jurassic 5 with the Black Eyed Peas at the University of Vermont in Burlington, VT

***Soundings:** The Beauty of Leenane at the Fine Arts Center, 8:00 p.m. tickets required.

Saturday, September 21
STAN at 20 Main Street Bar in Ausable Forks, NY
Show starts at 11:00 p.m.
21+

South Central at The Door in Saranac Lake, NY

John Brown's Body with Jurassic 5 at University of Vermont
All ages show, Show starts at 8:00 p.m.
Tickets $20 for students

Psychedelic Breakfast with Seth Yacavone Band at Higher Ground in Winooski, VT 18

Sheryl Crow featuring Michelle Branch at Pepsi Arena in Albany, NY

*Soundings: The Beauty Queen of Leenane at the Fine Arts Center: 8:00 p.m. tickets required

September 22
The Oak Street Jam Band at Nectar's in Burlington, VT
Show starts at 10:00 p.m.

*Soundings: The Beauty Queen of Leenane at the Fine Arts Center: 2 p.m. Tickets Required, Last Performance

campus Chat

by TJ Hooker

Photos and comments taken

Question: What question would you like to see campus chat ask?

Marina Holland
Junior

Does your commitment to your education affect others' experience, at Castleton?

Lisa Edge
Freshman

How could we create more school spirit at Castleton?

Bill Ramage
Professor

David Wolk said he wants to put Castleton on the map! What could each of us do, in our own capacity to help?

James Tasse
Professor

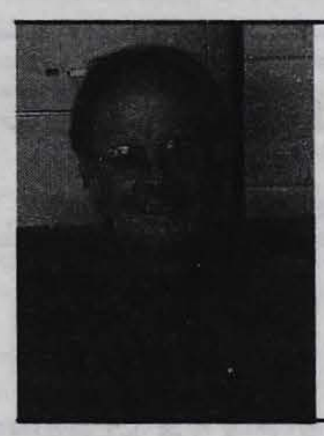
Do you read for fun?

David Lavoie
Freshman

Should the school try to get "Tool" to come for a concert on campus?

Jen Durrenberger
Senior

How would you feel about more environmentally friendly policies around here, like more recycling?



Bob Johnson
Professor

What does Castleton need most?

Sirkka Wirkki
Freshman

Did you come here just to party or to get a degree?

Jacqueline Heuer
Sophomore

How do students feel about the cleanliness of the dorms? Cuz Ellis Hall is disgusting!

Jake Bennett

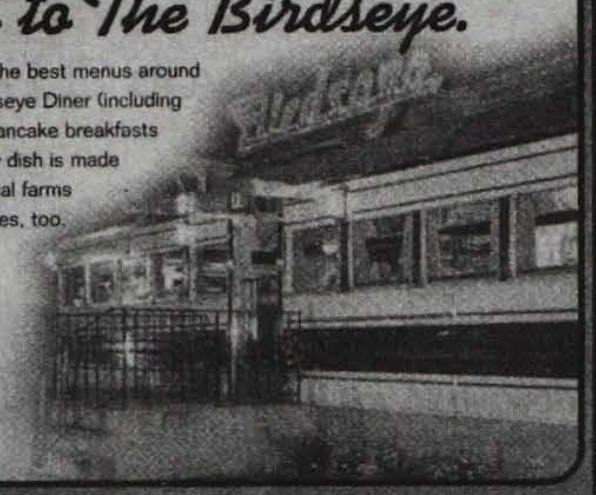
Do you think that a bar on campus would benefit the school and would you support a campus bar?

\'karn\

Birdseye

Next time you visit Castleton, come down to The Birdseye.

Enjoy great food from one of the best menus around in a classic setting at the Birdseye Diner (including counter seats). From hearty pancake breakfasts to juicy custom burgers, every dish is made with fresh ingredients from local farms and suppliers. Vegetarian dishes, too.



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We are very pleased and excited about the beautification of the library and we hope you are too!

***Refreshments will be served.**

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Below is a list of internship opportunities available this fall. Internships offer an opportunity to gain valuable experience relevant to your degree program. For more information on these or other internship opportunities, contact Chrispin White by calling 468-1431, or stop by Moriarty House.

The Town of Fair Haven - Fair Haven, VT- **Business or Math Intern**- The Town of Fair Haven is required to list all of its assets for equipment, buildings, etc. in order to be in compliance with GASB-34 regulations by July 1, 2003. After obtaining the list, the town must then calculate the depreciation value of each item to obtain a true figure of its value. Interns would assist in the process and gain valuable insight on the inner workings of a community town office.

Springfield Learning Garden, Inc. - Springfield, VT- **Education Intern**- A non-profit Preschool/Childcare Center, is looking for a student (or two) to put their creative skills to work. Interns will get hands-on experience, supported by a dynamic teaching team. Stipend available.

ARC - Rutland Area - Rutland, VT- ARC is an advocate for individuals with developmental disabilities. Interns are needed to help individuals with daily duties, offer companionship, plan meetings for the organization, and to record the minutes during meetings.

Button Systems, Inc. - Castleton, VT- **Computer Intern**- Intern needed to assist clients with custom programming, web-site design, hardware technical support and computer training. www.bsi-vt.com.

Crossroads Arts Council - Rutland, VT- Crossroads Arts Council has been a major contributor of "The Arts" in Rutland County for over 30 years, with many performances held in FAC at CSC. They are in need of interns to help with **marketing**, data input, bulk mailings, and general office duties. They also have special projects available for students skilled in graphic design and computers.

Rutland County Women's Network and Shelter - Rutland, VT- **Women's Advocate Intern**- General work of shelter, advocate for women in court and direct contact with women in shelter.

Tapestry Program - Rutland, West Rutland and Proctor, VT- Tapestry is an **after-school enrichment program** for local elementary school students. Interns are needed for tutoring, arts and crafts sessions, sports clinics, mentoring, drama, etc.

Vermont Adaptive Ski and Sports - Pico Ski Area- Assistant to the Executive Director- **Assist with marketing and advertising efforts**, newsletters, phone support, special events, fundraising and representation of the organization community wide.

Program Coordinator Intern- Assist Program Coordinator in al aspects o job including data entry, desk staffing, reservations, organization host, equipment upkeep, and vounteering coordination.

Okemo Mountain Resort - Ludlow, VT- Internships available in the following areas: **Accounting, Daycare, Human Resources, Learning Center Desk, Marketing, Mountain Operations, and Mountain Services.**

Smokey House Center - Danby, VT- **Education/Environmental Internship**- Smokey House is a nationally recognized non-profit organization that partners with public schools to provide adolescents with a hands-on, environmentally-based curriculum that integrates academic disciplines. Responsibilities include working with at-risk teenagers in farm and resource management tasks and conducting environmental field research with middle and high school students. Both opportunities integrate academic and personal skills into work-based experiences.

Cardiovascular Worksite Wellness Initiative - Rutland, VT- Internships available for students majoring in: **Business Management, Computer Design, Exercise Science, Nursing, Nutrition, and Marketing**.

Centruy 21 - Killington, VT- Web Site Intern- Enhance and connect information on five different real estate Web sites.

Downtown Rutland Partnership - Rutland, VT- **Marketing and Events Assistant**- A non-profit organization designed to promote and market downtown Rutland is currently looking for an intern to assist coordinator in planning of special events. Primarily responsible for media schedules, budgeting, logistics, applications for permits, etc.

Edgewood Studios - Rutland, VT- Production Assistants- Interns needed to help with the **production** of a new movie, which are being filmed in the Rutland area. The movie will be filmed in a five-to-six week time frame. Several people needed.

Mountain View Community School - Rutland, VT- **Education Intern**- Work with students one-on-one or in small groups on lessons prepared by teachers. Gain valuable teaching experience.

Vermont Convention Bureau - Rutland, VT- **Marketing/Special Projects Intern**- Responsible for assisting manager with daily marketing and sales projects that include compiling data, building reports, performing web searches and supporting sales staff.

Vermont Adult Learning - Rutland, VT- Interns needed to help adults gain knowledge, skills, and confidence to reach their personal and educational goals. You will also assist them in expanding their options and decision-making capabilities.

The Gymnasium - Rutland, VT- **Morning Manager**- Intern needed to open club in the morning and assist in day-to-day operation of the club which includes, but is not limited to: Member services, membership sales, marketing and providing superior customer service to members and guest.

Vermont Sun and Fitness - Middlebury, VT- **Health Club Intern**- Intern for sales, customer service, programming, marketing, fitness consultations, facility care, ordering/billing, pool testing, etc.

Rutland Tribune - Rutland, VT- **Community Events Writer**- You canvas the area for stories of interest to residents, then write the stories.

Pember Museum of Natural Sciences - Granville, NY- The Pember Museum is currently looking for students interested in **natural Science/ Biology** to assist in the planning and implementation of educational programs, clerical work, and management/museum care.

Rutland County Boys and Girls Club - Rutland, VT- Plan and implement youth development programs in the arts and athletic core areas for youth ages 6-18 years.

Tree Frog Hollow - Rutland, VT- **Marketing Assistant**- Develop knowledge in all aspects of advertising and marketing.

Rutland Area Visiting Nurses Associations and Hospice (RAVNAH) - Rutland, VT- **Editorial Assistant**- Assist in planning, interviewing and writing stories for Home Care Connection , the external newsletter for RAVNAH.
Human Resource Intern- Assist in the staffing, compensation and benefits process. Will be given independent projects and will gain experience in job description writing and evaluation, interviewing and hiring, developing compensation and benefits programs, and other employee relation programs.

Vermont Industries- Ludlow, VT- **Management Intern**- Customer service, order processing, order fulfillment, e-mail management, and Web-updating.

The Home Service Store - Rutland, VT- **Customer Care Center Intern**- Intern is needed to assist managers with preparation of training materials and technical documentation, presentation of training to new and current staff, customer services and provide administrative support.

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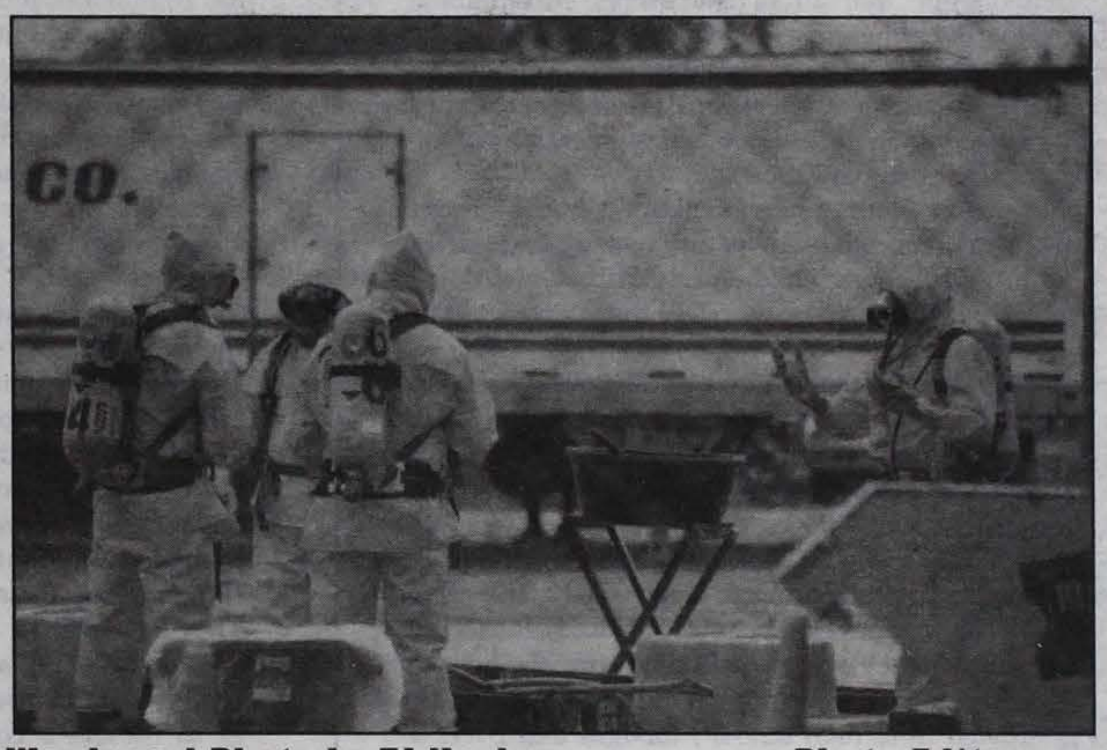
September 25, 2002 F02.2

Chemical Spill

Just before 10 a.m. on Sunday the 15th of September James Creed, the owner of Creed Ice Co. discovered a chemical leak in his facility located on the corner of South Main and Park streets in Rutland. The leak caused the evacuation of a few area residents and businesses as well as the closing of part of Route 7 for several hours. The leaked chemical was anhydrous ammonia, which, in high concentrations, can cause breathing problems and skin irritation. Soon after receiving the report, the Vermont Department of Emergency Management's Hazardous Materials Response Team was on the scene, and by 4 p.m. the leak was fixed and the quarantined area was re-opened. Fortunately, there were no injuries as a result of the leak.



Words and Photo by TJ Hooker Photo Editor

Health Officials Concerned about West Nile Virus

By Lindsay Hale
News Editor

The West Nile virus has been responsible for 43 deaths nation wide this year. 854 human cases of the virus have been confirmed, according to the Center for Disease Control (CDC). Human contraction of the West Nile Virus is rare. The disease is spread by the bite of an infected mosquito. It can infect people, horses, many types of birds, and other animals. People who contract the West Nile virus exhibit very mild ones or none at all. No evidence has suggested that West Nile can be spread person to person or from animal to person.

On September 6th 2002 a California women tested positive for the West Nile Virus. This is likely to have been the first case of West Nile on the Western United States. The women became sick of Meningitis (which is associated with the virus). The test results surprised health officials because mosquito and bird testing in the area around California showed no sign of the virus. The woman also claimed that she hadn't gone anywhere outside the region so she must have contracted the virus locally. "It is rare to find a human case before a case in birds and mosquitoes, but it is not impossible," said Dr. Jonathan Feilding, Los Angeles County's

Public Health director.

Nationwide human cases have been confirmed in 28 states and the District of Columbia. Four people were infected from organ transplants. One has died and the other three are recovering. The CDC is investigating whether a Georgia woman, who died, contracted the disease from a mosquito bite or from a blood transfusion. The CDC is also investigating a case in which a Mississippi woman is suspected to have contracted the disease through a blood transfusion. Blood products from both donors and both patients are being recalled and medical devices are attempting to track the source of the virus. The CDC is advising transplant doctors to be alert for West Nile in their patients. The Food and Drug Administration issued an alert warning the Nation's blood banks of the risk of transmitting the virus through blood transfusions.

In Vermont, there have been no human cases, but birds have been tested and confirmed to have the virus.

To protect yourself from the West Nile: apply insect repellant containing DEET. When possible wear long sleeve shirts and pants. If you see a dead bird call the local health department in Rutland, (802)-786-5811.

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Editorial.

Who determines what Children learn?

There is so much controversy about what children should learn in school, especially after the events of September 11th. Is watching the towers tumble too graphic? Will younger children be able to comprehend why this happened? Is it the parents' responsibility to educate their children rather than the teachers?

Many parents argue that all of the events surrounding September 11th are too overwhelming for children to emotionally handle. My question is have any of these parents ever taken the time out to see what their child views of television? Have these parents ever asked the clerk at the movie store about the graphical content of any of the video games that their child rents.

Children are sick to death of hearing about terrorist attacks and watching the same towers collapse over and over again on television. The general attitude among children is that they just don't care. They don't see how it affects them; therefore they don't want to hear about it.

Some people are shocked that children in our society feel this way, and others like me aren't the least bit surprised.

We are taught the basics throughout elementary and high school. Children are never asked thought-provoking questions.

Many adults make the mistake of thinking that children won't understand concepts like terrorism and war. Wake up! Children are always learning, processing and comprehending complex ideas. This idea can be seen in the way children develop behaviorally and emotionally. Children are "copy cats"; they observe and then copy the behaviors they see.

When I graduated from high school I thought that I was a fairly intelligent young woman, that was until I went to college. Once I started college I felt like I needed to learn everything that I thought I knew, all over again. I didn't know that there were two sides to every issue. I didn't know that I could make a difference in the world by simply casting a vote.

Quite honestly, I didn't know anything until I went to college. Now that I am getting ready to graduate in December the thought of how different I would be if I decided not to send in that college application is frightening.

You are very sheltered when you are young; all of the adults around you are filtering information, deciding what is important for you to know and what isn't.

What kind of American citizen would I be, knowing only what I was taught in elementary and high school? What types of bias and ignorance would I have passed on to my children if I had never gone to college?

The sad part is, I had many friends who graduated from high school and who didn't go on to college. These are the friends who argue that they can't make a difference, that the government is corrupt and there isn't anything that we as citizens can do to change it. So maybe asking a child how she feels about the events of September 11th, or giving some information about why the twin towers collapsed that day may not be the worst idea.

A worse idea would be sending children out into the world when they are 18- years-old knowing only that the United States was attacked on September 11, 2001 but not knowing why, much like my generation's limited knowledge of the Vietnam War.

What kind of citizens would they be?

April Garvey
Editor-in-Chief

Get Involved!

We are all at Castleton at an exciting time. Many changes have been made recently, and lots of other improvements are in the works. Surely everyone has complaints, though. Each of us has images of the way things "should" be. The problem is that so many people don't try or don't realize that they can make changes here. The fact is that Castleton is your school, too, and you can have a say in what goes on here.

The students are the essence of the college; they will not be ignored. Particularly at a small school like Castleton, it is easy to get involved and make your voice heard. We are fortunate to have a very approachable and motivated administration and faculty. Tell them your ideas. They will listen.

People complain about the food on campus, but never bother to fill out a comment card, telling the food service providers what specific changes they would like to see. Residents often complain about their roommates, but never simply tell their roommates what bothers them. Students struggle through a class, dissatisfied with the way it is run, but never even talk to the instructor. Decide what you would like to see done differently here, and then start to make that happen.

The Cairn is one outlet for your voice. But I encourage you to speak out as often as possible, in as many ways as possible. Join organizations. Get involved in campus activities. There are so many things you can do. If you're not happy with something, don't complain about it-change it.

I urge you to take an active role in the campus community. There are hundreds of ways to get involved and thousands of things we can accomplish.

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New Public Safety Director doesn't miss a beat

by Crystal Johnson
Staff Writer

With 18 years of law enforcement and corrections under his belt, Jim Fuller, the new Director of Public Safety decided to take a smaller, more rural direction. Originally from Jacksonville, Florida where he performed many interesting jobs like homicide investigation and the usual nighttime patrol. However, one night was not so "usual", Jim recalls. One late night when he had the flu and was out in his car, parked in the lot of a restaurant in rural Jacksonville. "This area was about as rural as Castleton," he recalls. At about midnight, he saw a car ahead driving on the wrong side of the road at a dangerous speed. So he decided, flu or no flu, he was going to chase this car down.

He pulled out of the parking lot and followed the car, but the driver began to pick up speed. He continued to follow the car, which drove up to a house where the suspect jumped out and ran to the front door. Fuller, not skipping a beat, did the same and reached the door just in time to have it slam closed on his nightstick. After a while, he was able to get through the door where he discovered what seemed to be at least twenty people in the same living environment. He immediately decided to retreat and call for back up.

On his way to his patrol car, he noticed that everyone, women, children and men had come out of the house and there ended up being more then thirty people standing around. They picked up pieces of brick from the broken sidewalk and began throwing them at him, hitting his car and cracking his windshield. His first instinct was to open fire, but with the children there, he did not want to risk it. He ran to his car and jumped in to call for back up to help take care of these people, whom he said were acting like "zombies". He keeps thinking back to that night wondering, "What if..." If he had been hit in the head and knocked down, all those people would have been on him and who knows what would have happened then?

Those are the kinds of stories that are made into scenes in a major motion picture, not the kind that happen to actual staff members of Castleton State College. Luckily, the college has someone with experience to shape up the campus. Though he is in charge of Public Safety, which includes training officers and helping to unlock doors all over campus, he has caused many new changes as well. He equipped the on duty officers with cell phones with preprogrammed emergency numbers to carry around, has set up ways to inform students of things that they can do to prevent themselves from becoming sexual assault victims and he is trying to deal with the parking problems.

Jim has said "Parking should be a given, not an issue." To help take care of this problem, he would like to see a parking area built near lower Adams Hall. He also wishes to see the campus at its most beautiful, which would include repairing the sidewalks so people don't trip when they aren't paying attention, as well as more landscaping. Though some of these are out of his hands or cannot be done for some time, he still plans to not cast them aside. All in all, as Public Safety Director, Jim Fuller wants to look back on his time at Castleton and say,

"I really got this going."

T.J Hooker Photo Editor

President David Wolk's Inauguration

will be held at **1:00 p.m.** on **Thursday September 26, 2003** in the **Glenbrook Gymnasium.**

All students are invited to attend. A formal invitation was sent to all student mailboxes. If you wish to attend please RSVP to Lori Phillips in the Conference Office.

There will also be an ice cream social, held on Friday September 27 in the Fine Arts Center, beginning at 6:00 p.m. Following the ice cream social will be a cabaret. A community reception held at the President Wolk's house will conclude the evening.

Residence Halls make Changes

By Scott Lanphear
Staff Writer

Jen Arthur
Staff Photographer

The residence halls, in response to the growing number of on-campus students, made adjustments to the facility in order to accommodate more students

The Residence Life Staff, under the direction of Deri Wills, found ways to accommodate this large student body by reverting the triples in Babcock into quads and temporarily housing students in the lounges in Ellis, the second floor of the Public Safety building, and on the first floor of Babcock. As soon as more students move out, the students in temporary housing will be reassigned. . Another change is the transition of Reed House from the Wellness Center to a residence hall for older non-traditional students.

Wills said that the reason for the housing shortage has less to do with the new large freshman class and more to do with the greater number of returning students living on campus. He said that the number of freshman living on campus is actually the same as last year.

Along with these adjustments, the layout of the residence halls has changed. The residential side of campus has been divided into two areas: a North area, consisting of Adams, Haskell, and Babcock and a South area, consisting of Ellis, Morrill and Wheeler. Within each area is an Area Coordinator, a Residence Director and about four C.A.'s (community advisors) per building.

The Area Coordinator (A.C.) is in charge of overseeing the area and is in charge of such things as maintenance requests. The Residence Directors (R.D.) assist the A.C.'s and are in charge of programming and in overseeing the C.A.'s. The C.A.'s are in charge of maintaining their floor communities and have the same basic jobs as what used to be called R.A.'s. One C.A. In each building is on duty every night from 6 p.m. to 8 a.m. and on weekends from Friday night at 6 p.m. to 8 a.m. on Monday. This is an increase from last year, when the C.A.'s didn't go on duty until 9 p.m. .

The structure of the residence hall governments has also changed. Each floor will have its own floor council, which will be in charge of the community on that floor. From each floor council, a representative will serve on their Area Community Council, which will be in charge of its particular area. At the top of the ladder there will be the RHA Executive Board which will discuss issues for all of the residence halls. According to Wills, the Residence Life Staff are "trying to create a system that works from the bottom upward instead of from the top downward." Wills said he hopes this new system will "give students more of a voice" on the way their community is run.

Has Anyone Seen the Fitness Center?

By Thomas Casale
Copy Editor

Has anyone seen our school's fitness center? If you answered no, you are probably not alone. If you happened to blink when you walked past it, there is a good chance you missed it entirely. In a time when most people put a premium on physical fitness and staying healthy, Castleton State is lagging way behind. What the college is calling a fitness center is no more than an old, cluttered storage room with poor ventilation.

The first time I walked into the Castleton State Fitness Center I thought it was a joke. I was thinking the maximum capacity of the entire room must be roughly 15 people. Now, for someone like myself who has been working out for the past decade, it's not a big deal. However, as a former personal trainer and a person who has worked in the health club industry, I find this facility totally inadequate. The college should be ashamed of themselves for screwing in a sign that says "Fitness Center" on a door that leads to a broom closet.

I could probably write an award winning novel about all the things wrong with our college gym but I have to keep this story a certain length, so I will touch on a couple of things that really rub me the wrong way. As a college student, I believe that our tuition should go towards providing a well-rounded campus for everyone attending Castleton. I don't believe that is the case here and I will explain why. I could care less about poetry readings or folk music, but I don't get upset when the college spends money to bring these types of things to our campus. I understand that there is a section of students who this appeals to and it also provides an opportunity for people like myself to expand our horizons. Isn't that what college is all about?

I don't think Castleton is giving it's students all of the options that could be available to them. Let me explain. There are two main reasons that prevent people from working out: fear and lack of motivation. People who are starting to exercise for the first time or people who may be out of shape, get nervous and scared when they are surrounded by a lot of people in a small area. I work in the fitness center and the first night I was on duty there was a young girl riding the bike. While she was working out, the baseball team came in to lift after practice. The girl hopped off the bike and said, "I'm leaving. I'm too nervous with all these people around." Now, there is a chance that timid girl may never come back. The bottom line is that students are being discouraged from working out because of the size and quality of the gym. Heck, a lot of students drive to Rutland or Fair Haven and pay money to work out, instead of using the college gym for free. That's a shame.

The other main problem I see with the fitness center is in regards to the athletic teams. I'm sorry, but the college is going to have a hard time convincing me that they take sports seriously at this school when that is the training facility they are providing their athletes. I'm sure most of the athletes at this institution had a bigger gym at their disposal when they were in high school. That's funny, I don't remember paying over $6,000 to go to high school. What happens if the men's baseball and soccer teams want to work out at the same time? I guess they have to take a number and wait.

Despite the fact that our school's fitness center should be sent back to a time when the Bee Gees where considered cool, we are stuck with it for now. Hopefully, there will be light at the end of the tunnel. Since this column is based purely on my opinion, I don't want to mention other people's names in it to make it look like I'm using their comments to back my thoughts. I just don't think that is right. However, I have talked with some people relatively high up on the school's food chain and they have informed me that the college is hoping to have a new fitness center in the next couple of years. Right now they are trying to get money from outside sources, like donations from Castleton alumni. I guess all we can do right now is sit back and hope things work out for the best. I just want the school to know that I will do my part as well. I'm looking to become a male stripper and as soon as that takes off, I will donate 10% of all those $1 bills to a new fitness center. The only problem with that plan is, I'm not very good looking and it could take a while for the money to start rolling in. Until then, I guess I will see you in the dungeon.

Leavenworth and Woodruff Halls will be Renovated

By Amanda McIntyre
Staff Writer

Long-needed renovations are going to occur, starting, September 30, in Leavenworth and Woodruff Halls.

Some of the primary renovations will be new paint, lighting and carpeting applied to the hallways and classroom, movable walls added to some classrooms, and handicap entrances added to the front and back of Leavenworth. In addition, a new Human Resources Office will be built and the President's Office will be renovated, adding new furniture and carpeting to make it a better atmosphere for visitors.

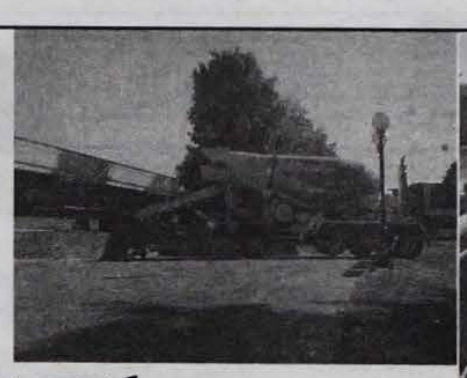
All the student service offices in Woodruff Hall are going to be moved downstairs, including Financial Aid, Business Office and the Registrar. New carpeting, paint, ceilings, and lights will be part of the changes for those offices. An extra office will be added to Financial Aid to provide the students with a more student-friendly environment. It will be easier for students to go to all those offices on the same floor, rather than have to run up and down stairs the way it has been.

The downstairs of Leavenworth Hall near The Cairn office and Spanish classroom is going to be one of the first things scheduled to change because the noise will not affect as many students.

Dan Seaman, director in the Physical Plant, said that when the Stafford Academic Center was first built, about four of five years ago, some of the main offices like the nursing department moved out of Woodruff Hall into the Stafford Academic Center. This caused many vacated spaces in Woodruff Hall. "It would have been good if it was done back then," Seaman said about the renovations.

The renovations had originally been scheduled to begin during this past summer. The work was postponed, however, because the bidding did not take place until August 2, 2002 and the architect overseeing the renovations still needed to order supplies.

Mary B. Giordano, a secretary in Leavenworth, said that workmen would begin the renovation full time during breaks such as Columbus Day, in order not to disrupt the students with the noise. The work will be done around the class schedules of the buildings. Dan Seaman said the renovations should be completed sometime at the end of June.



T.J Hooker Photo Editor

The Library gets a Face-lift

By Marcisa Weil
Contributing Writer

Castleton State's Calvin Coolidge Library received a much needed face-lift this summer, aided by everyone from President Dave Wolk to students employed in work-study programs. A reception was held Tuesday, September 10th to celebrate the completion of the renovations.

Library staff and Mullen Moving carefully packed up over 100,000 books, periodicals, and research materials, and renovations began July 20th. There was some added pressure to make the procedure fast and efficient, due to the fact that Castleton also offers classes in the summer, and students could not be denied access to research space and material. A temporary reading room was set up to accommodate summer students during the renovations.

First on the list of to-dos was the carpeting. "It's such a well traveled building, we actually had duct tape on the carpet," said librarian Ginger Johnston. "That can't make a very good impression on potential students."

While Sanborn's Construction was busy laying the new carpet, all the stacks and shelving were cleaned off and prepared for rearrangement. In the new design, many steps were taken to give students more computer space and more room for studying. Government documents were moved into the back of the library, and current periodicals were moved away from the lounge area to an appropriate spot in front of the old periodicals. Perhaps the most important change is the arrangement of the stacks themselves. In their new horizontal pattern, they are actually arranged so that light falls in the aisles as opposed to slashing across the tops of the stacks as they did in the old set-up.

Changes were also made within the computer system, as well. Librarian and technical guru Sandy Duling pointed out the addition of a "quick reference" key, that allows students to quickly access almanacs, dictionaries, currency exchange rates, and many other helpful resources. Hitting the "guide" icon will bring up key topics ranging from social work to terrorism; also, the library now has electronic inter-library periodical loans available.

These changes are just the beginning for the Calvin Coolidge Library, however. Any day now, the staff is expecting some new, "very sexy flat- screen displays. We're going to try to use wireless," said Ginger Johnston, and on-line library suggestion forms will also be available in the not-so-distant future.

Hold That War, For Now...

By Peter A. Sutters Jr.
Staff Writer

Holy reversal of policy Batman,

Holy reversal of policy Batman, what's that you say? Someone in Washington told the President about last weeks Cairn article, that's great! Our fearless leader King George W. Bush has actually made a judgment call that the rest of the world agrees with. In a recent speech to the United Nations, Bush was making a case to the world why we should attack when he said before we do this we should give Saddam Hussein a chance to let U.N weapons inspectors back into Iraq with unconditional access. Only a short time later Iraq responded by sending a letter back to the U.N. accepting the weapons inspectors. The U.S. responded by saying that they were skeptical and Hussein may just be using this as a stalling tactic in order to hold off an attack by the United States.

It would not be the first time that the U.N. passed down a resolution and Hussein did nothing with it. Since the end of the Gulf War, Iraq has ignored 16 different U.N. resolutions. So what is different this time? Probably nothing, the U.S. is still continuing its military build up in the Gulf, and Iraq will most likely not let inspectors into certain areas of the country, resulting in an attack by the U.S or U.N., who said you can't have your cake and eat it too? However, credit must be given to the Bush camp for using the U.N. to put the pressure on Iraq, instead of going at it alone. If Iraq plays the same games it has in the past with weapons inspectors, it has once again spit in the face of international diplomacy and only strengthens the U.S. case to attack them, with the backing of the world. Already Saudi Arabia has changed their stance and said it would allow the U.S use of its air bases to attack Iraq as long as it was approved by the U.N.

Fear not though, our government in their infinite wisdom still have a chance to screw this up by voting in congress whether to attack or not. How can the United States say that they are going to give Iraq a chance to prove that they do not have weapons of mass destruction and still vote on if they are going to attack or not? They can't, Hussein called our bluff and now we must wait to see what his next move is. Perhaps former United Nations Weapons Inspector Scott Ritter is right when he says that Iraq does not have the capabilities to produce weapons of mass destruction. But how could he be right? He's only an expert on the subject that spend several years in Iraq doing his job, oh that crazy inspector what does he know? On the other hand Saddam Hussein is an oppressive dictator who has used weapons of mass destruction on his own people and has ignored the United Nations in the past and his mistress was on TV the other night and she's no Monica.

I applaud President George W. Bush for showing patience in trying to avoid war and use the United Nations for its purpose, settling international conflicts. In the end I still feel that something will happen that will result in an attack on Iraq by the United Nations or the United States. I would just rather go to a fight with the world than go at it alone.

Johnson State College Student runs for House of Representatives

By Dave Harrison
Contributing Writer
Johnson State College

Richard "Buddy" Doty, Jr., 22, a JSC senior majoring in political science announced this summer that he is seeking the Lamoille-3 seat representing Johnson and Eden in the Vermont House of Representatives.

The incumbent, Democrat Mark Woodward, made the decision not to run for re-election earlier this year, leaving the Johnson-Eden seat open. Doty, a Republican, will be running against Democratic opponent Floyd Nease.

Doty considers himself a moderate Republican with strong opinions concerning voters.

"I believe people should vote for the person, not the party. You're throwing your vote away if you vote strictly for a party," said Doty.

Doty said he is concerned with several state issues, including health care, employment and education.

"The state needs more and affordable health care programs. We should hold employers responsible for submitting reasons for layoffs and find or create jobs for laid-off employees," he said. "Higher standards need to be implemented in our state's education system, with better funding for special education programs and higher learning institutions. Vermont's greatest export is its youth. College tuitions and the cost of living expenses are too high for students to stay in Vermont."

Doty vows if elected he will do everything possible to ensure a better way of life for not only citizens of his district, but for Vermont citizens in general.

"If elected, I will carry out my two years with pride and hopefully seek re-election. If not, Mr. Nease will see me again in two years," Doty said.

Doty has spent approximately $600 on his campaign so far he has also received a substantial donation from the Republican Party. If Doty wins he will be sworn into office and take up his official role and duties on January 10, 2003.

> "I believe people should vote for the person, not the party. "
>
> Richard "Buddy" Doty, Jr

Doty said he'd be hitting the streets early to meet with voters to build their confidence in him by listening to their suggestions and concerns by discussing with them actions he would take in resolving the tough issues of Johnson and Eden.

"I'm being very optimistic about this race," said Doty. "People are concerned about my age and the level of experience I have, but you don't need experience to represent the people, you need a good ear."

If Doty wins, he will become the 2nd youngest member to serve in the Vermont House.

Questions raised about Civil Liberties

By Marissa Hunt
Contributing Writer

Roughly seventy-five people, including students, professors, deans and the president of the college assembled in the Herrick Auditorium last night for a forum on the erosion of American civil liberties. The forum, which was organized by Castleton student Melissa Clifford, was lead by speakers Dr. Bradley Hunt, Dr. Linda Olson, Ruth Parlin and Executive Director of the Vermont ACLU, Benson Scotch.

Parlin opened the forum by speaking of the expanding executive power and the increasing secrecy of the Bush Administration. She questioned whether the exercise of increased presidential power actually makes Americans safer. She reminded the audience that "terrorism" has yet to be clearly defined for the American public. Parlin also talked of the increasing and alarming isolation of the United States from the international community. She urged the audience to be more aware of what is happening in the Bush Administration, ending her speech with, "Trust us, they say [speaking of the Bush Administration]. But they have given us no reason to do so."

Hunt spoke of Attorney General John Ashcroft and referred to his office as the "Ashcroft regime,' giving the audience many examples of the unilateralist philosophy of Ashcroft. In one example, Hunt spoke of the detention of 1100-1200 people, held by the US government who were suspected of terrorism. Of the detained, 550 were held on immigration charges, and over 60 were held because they had a certain look. Scotch spoke of the US Patriot Act, preferring to call it USAPA, because he said the very title "patriot act" is a manipulation of language. He also spoke of the censorship the act permits and how it has effected libraries and academia. Benson continued, " The USAPA is adding a new dimension in content or viewpoint based on notions of criminality."

Olson focused on the growing institutional racism in America and compared it to what happened during the MaCarthy era. She introduced terms such as "Flying While Brown," which is a type of racial profiling now taking place in airports and is comparable to "Driving While Black." She reminded the audience, "Couldn't we be seen as terrorists for attacking one of the world's poorest nations?" She expressed sadness, commenting, " I think we missed an opportunity after September 11. We could have used that tragedy as evidence that we need to reevaluate our treatment, our treatment of groups globally."

> **"terrorism" has yet to be clearly defined for the American public"**

> **"Trust us, they say [speaking of the Bush Administration]. But they have given us no reason to do so."**

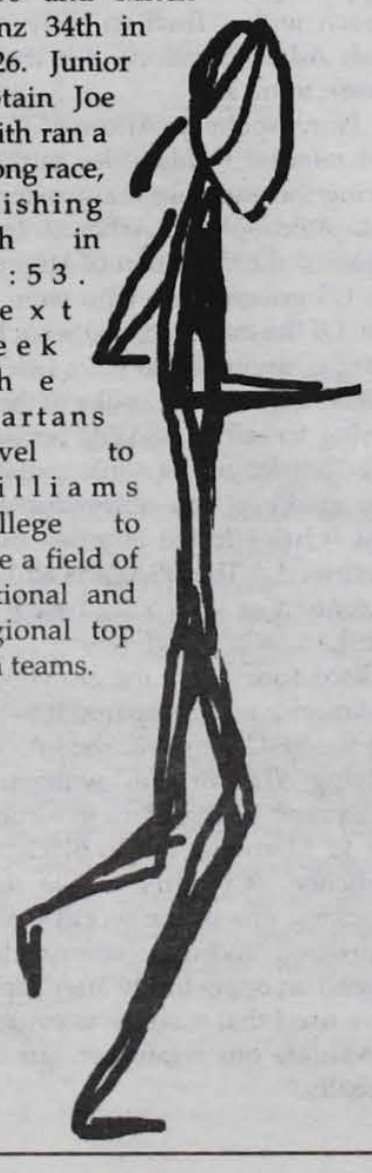
Ruth Parlin from the American civil Liberties forum at the Herrick auditorium

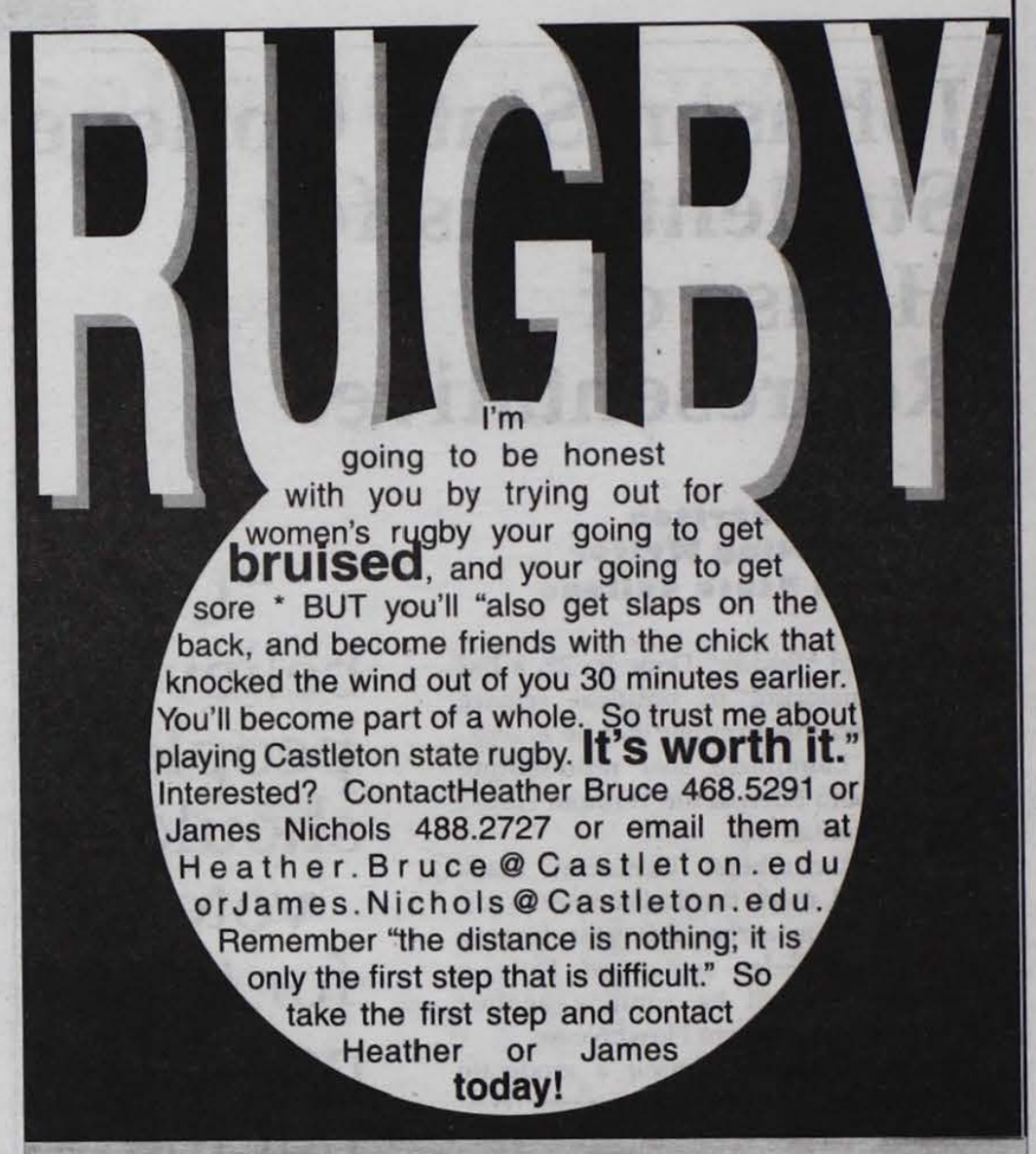
Castleton finishes 6th at the 2002 Women's Panther Invitational Cross

By John Klein
Contributing Writer

The defending national champion Middlebury College's women's cross country team dominated the Panther Invitational Meet Saturday, taking seven of the first ten places in a meet that featured nationally ranked Amherst College and regional power Springfield College. Middlebury's Michaela Adrian won in a time of 18:50.6 and Rutland's Sarah Logan was fourth in 19:28.

Castleton placed fifth, ahead of Johnson State and close behind Potsdam and Norwich on Middlebury's scenic 5k course. The Spartans were led by senior Cindy Kilic (28th) in 24:54 and Michelle Bird (31st) in 25:24, followed by Katie Taylor, Katie Martin and newcomer Alyssa Mease. The Spartans next meet is at Williams College, which will feature nationally ranked teams from Williams, Middlebury, Amherst, St Lawrence, Keene State and others. Castleton finishes 5th in 2002 Men's Panther Invitational Cross Country Meet Nationally ranked Amherst College with 34 points outpaced Connecticut College (39) and host Middlebury College (51) in the Panther Invitational Saturday. Castleton finished fifth, narrowly trailing Norwich University and ahead of Potsdam and Johnson State College. Freshman Kyle Moore, set the pace for the Spartans, placing 25th in 32:01, followed by fellow first year men Keenan White, 28th in 32:51, Kyle Vinton, 33rd in 34:56 and Mitch Wenz 34th in 36:26. Junior captain Joe Smith ran a strong race, finishing 35th in 37:53. Next week the Spartans travel to Williams College to face a field of national and regional top ten teams.




RUGBY
I'm going to be honest with you by trying out for women's rugby your going to get bruised, and your going to get sore * BUT you'll "also get slaps on the back, and become friends with the chick that knocked the wind out of you 30 minutes earlier. You'll become part of a whole. So trust me about playing Castleton state rugby. It's worth it."
Interested? ContactHeather Bruce 468.5291 or James Nichols 488.2727 or email them at Heather.Bruce@Castleton.edu orJames.Nichols@Castleton.edu.
Remember "the distance is nothing; it is only the first step that is difficult." So take the first step and contact Heather or James today!

Castleton State College Teams Up With *ESPN THE MAGAZINE* For Innovative Fundraising Program

-- 75 Percent of Total Profits Go Back to Team --

Castleton State College is participating in a unique fundraising program, selling subscriptions to ESPN The Magazine to help raise much-needed funds for its Lacrosse team. Headed by Coach Chris Belden, the Spartans are selling two-year subscriptions (52 issues) for $40 — a savings of over 80 percent off the newsstand price.

Unlike other fundraising efforts, an unprecedented 75 percent of the total sale goes directly back to the team. With checks made payable to CSC Men's Laceosse, the program receives $30 for every subscription sold.

With hundreds of participating schools, ESPN The Magazine s innovative Coaches Fundraising Program is helping to keep athletic programs up and running. Local teams decide how the funds earned are used, including purchasing new equipment and uniforms, providing scholarships, reducing participation fees, defraying travel and tournament costs or holding an awards banquet.

ESPN The Magazine is a provocative and innovative sports publication. Full of insight, analysis, impact and wit, the oversized biweekly looks ahead to give fans a unique perspective on the world of sports.

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For more information:

- On Castleton State College's program, please contact - Chris Belden at (802)468-1491.
- On ESPN The Magazine s Coaches Fundraising Program, please contact — Pete Bryden at (407) 938-3423 or Sal Martelli at (212) 515-1180.

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Women's Tennis Team off to Perfect Start

Paul Cohen
Contributing Writer

2002 CSC Women's Tennis

The women's tennis team is off to a roaring start, defeating Green Mountain College (7-2), Russell Sage College (9-0) and Massachusetts College of the Liberal Arts (8-1) to post a 3-0 record.

According to head coach Paul Cohen, this just might be the strongest women's tennis team ever at Castleton. "I wish our new North Atlantic Conference had enough teams to hold a conference championship. I'm pretty sure we would win it," said Cohen. Next season, women's tennis hopes to get an affiliate membership in the NCAA's Little East Conference, giving the Spartan netters an opportunity for post-season play.

The strength of the team is its depth of fine players. Returning for their fourth seasons are Lisa Terwilliger and Kim Keller. Both players played a major role in guiding the team to their six straight Mayflower championships and a trip to the NAIA national tournament as Northeast Regional Champions in 2000.

Returning for her third year is Maggie McCarthy, who also was part of the record-setting 2000 squad. New to the team this year are twin sisters Michelle and Chantel Robert, who hail from Newport, Vermont (the same town McCarthy is from). "The Robert sisters are a huge addition to an already strong team. They are both good enough to play number one singles and doubles on any team we play, and will challenge Lisa (Terwilliger) and Kim (Keller) for our top spots here," says their head coach. So far this season, the Robert sisters have yet to give up a game in their three singles matches.

Rounding out the squad are Stef Coulombe and Gayana Badalyn, both returning for their second season, and first-year player Amanda Begins.

Castleton's real test will be on September 24, when they travel to Division III powerhouse RPI. "We're really looking forward to playing RPI," said Cohen. "I know our team is up for the challenge and I expect us to compete well. We have enough talent here to surprise them this year."

Women's Field Hockey Off to a Good Season

By Dana Ionato
Contributing Writer

TJ Hooker Photo Editor

September 15,2002 the Castleton State College sub-varsity women's field hockey team tied their only home game this season against Middlebury College's junior varsity team, leaving a 3-3 score after losing double header on Saturday the 14.

The women's field hockey team was very excited about the ending result after Sunday's game against Middlebury. Two goals were scored in the game by sophomore Hillary LaVanay and then in the last four minutes of the game Senior Sara Cesarski scored the tying goal, assisted by freshman Tori Bergen. Defense was very strong and approximately six blocks were made by sophomore goalie Megan Aher.

"Although we ended up tying Middlebury 3-3, it was an overall victory for Castleton. Middlebury is very big competition and we were hungry for the challenge," Captain Sarah Perry.

Castleton State College hasn't seen a field hockey team in eight years. President Wall decided this year to fund two new teams, one being field hockey. The team will remain sub-varsity for this year, and then be added into the NCAA fall 2003 after completing the full year as sub-varsity.

Eighteen girls make up the team. There are a mixture of freshman, sophomores, juniors and seniors. Most all of the players played field hockey in high school and according to Captain Sarah Perry, are applying their skills very nicely to the college level competition. Castleton girls are being put up against schools like Skidmore, Lassell, Middlebury and Union College, all division two and three schools.

Every team needs a coach, correct? The girl's have Coach Brooke Wright, who is a division one alumni of Rutgers University field hockey team. She led her team to victory on numerous occasions and is known for her ability to recruit, as well as her astounding reputation for coaching.

Director of Athletics Deanna Tyson states, "She was a very good division one player and I think that she has a lot to offer Castleton State College's field hockey team."

Assisting her is Assistant Coach Bridget Ladabouche (also known as Coach L) who not only assists but also stands in as Coach when Coach Wright is away. For instance, she was in Europe for the September 15 game against Middlebury.

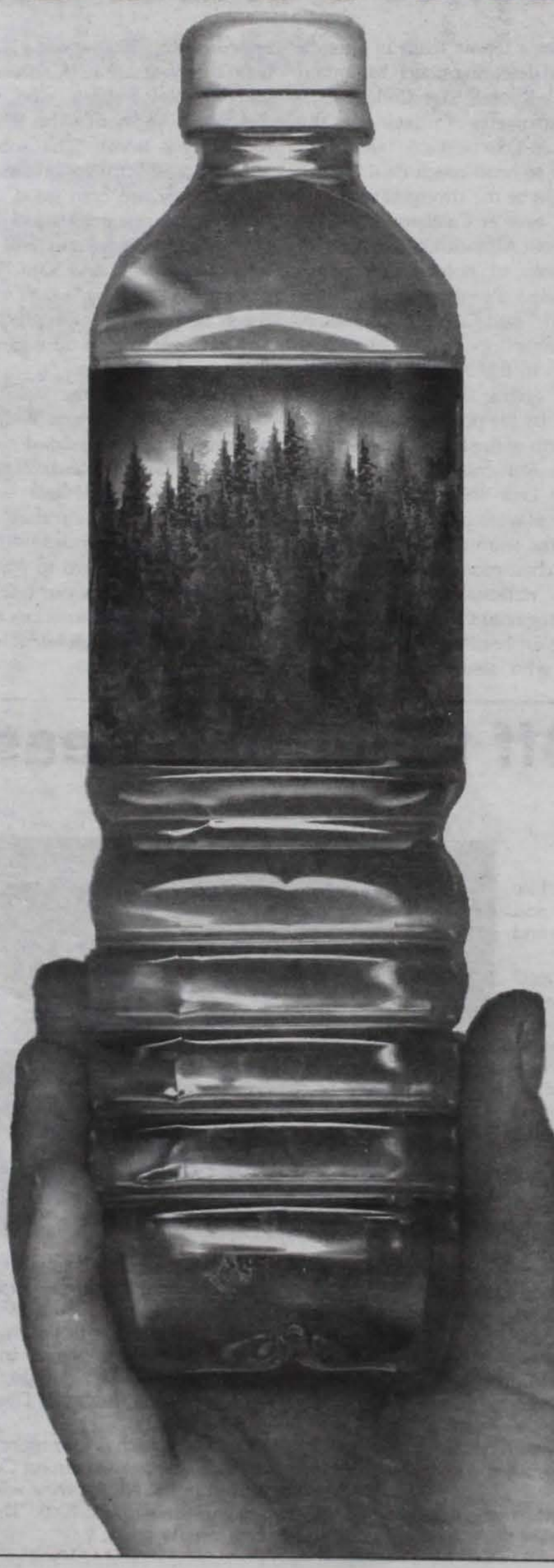
"It was hard to play in our only home game without Coach Wright there, but she e-mailed us and called us to motivate us. She was in our hearts on Sunday, and with Coach L there, we did just fine," Captain Sarah Perry.

This being the first year with the team, they have had their ups and downs. Starting the season with only one or two subs made it tough for all of the players. It left room for improvement when others joined the team.

"I was very impressed with the overall performance of the team. They improved tremendously from the beginning to now. I though that they played very well on Sunday!" Deanna Tysor Director of Athletics

The field hockey team has four more games after September 19's game against Union College. Once they are official in the NCAA they will partake in their twenty game line up for 2003. Then they will officially be a varsity sport.

DO YOU DRINK ENOUGH?



By Allyson Stoodley
Staff Writer

Classes are in full swing now and studying, chitchat or even some partying has captivated our lives at each day's end. Most of us are concerned with our social lives, athletics, classes, and when and where to have our next "Good time." What we eat and drink is of little importance as long as our appetite and thirst centers are satisfied.

What we don't realize is the amount of stress, number of hours of sleep, and what, as well as how often, we eat and drink affects our metabolism. It affects our brain function, which operates from the same metabolic processes that the rest of our body does. In turn, this affects our emotional stability, our ability to concentrate and our stamina. Therefore, we need to eat a balanced diet and drink plenty of water.

Our bodies are mostly water. Water is the central ingredient in our blood, which is needed for blood flow, transport of toxins, vitamins, minerals, and electrolytes. Water is an essential element needed in our bodies for the regulation of body temperature. Water protects our organs, spinal cord and our brain.

Water is important for weight control and is, for some of us interested parties, of special importance for healthy skin and controlling the appearance of cellulite!

If our bodies do not have enough water, we become dehydrated. We can only live seven days without water, and certain factors can cause rapid water loss and inevitable sickness and or death much more quickly than that. People usually worry about dehydration in the summer with the intense heat, but it is a serious matter year round for those of us not concerned with our self-care habits regarding diet, sleep, exercise or limiting alcohol and drug use.

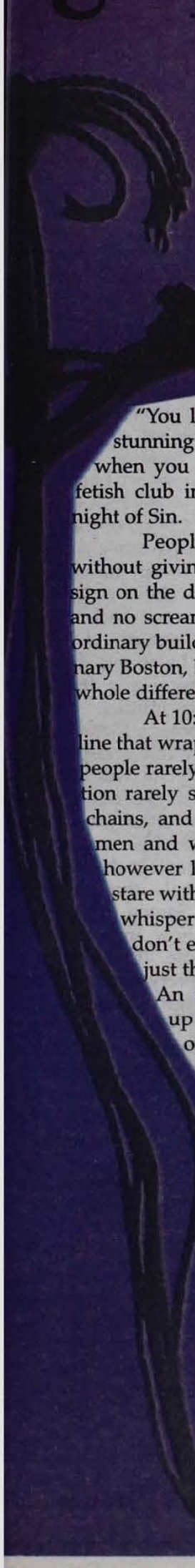
Symptoms of dehydration include of poor intake of fluids; loss of fluids from vomiting, frequent urination, frequent bowel movements, or diarrhea; muscle cramping; dry, sticky mouth; lack of tears; dizziness; low blood pressure; fast heart beat, taking quick and deep breaths, and fatigue, lethargy, even comatose. Seek health care immediately if these symptoms are not relieved with rehydration or in cases of loss of consciousness.

If you consume a lot of caffeine, if you sleep very little, and you consume alcohol, you are at risk for being dehydrated. (Tired at 4:00pm? Drink a cold glass of water to boost your energy!)

Our bodies need at least two or three quarts of water a day through food and beverages. The less you eat, the more you need to drink. If you eat a lot of sugar and starches, you need to consume more water than if you have a diet high in fruits and vegetables. If you eat alot of fibrous foods you need to consume more liquids for proper digestion. The recommended requirement for non-caffeinated beverage intake for sedentary to just below moderate intensity exercisers is six to eight, 8oz glasses a day, preferably water.

If you exercise or consume alcohol or caffeine, lack sleep or do not eat healthily, you need to increase your beverage intake significantly.

A NIGHT IN THE UNDERWORLD



By Amanda McIntyre
Staff Writer

"I want to lick your legs." "Who are you in your other life?" "You look amazing in drag, absolutely stunning." This is what you will hear when you go to ManRay, an underground fetish club in Boston on a Friday night, the night of Sin.

People pass by ManRay every day without giving it a second look. There is no sign on the door, no devil's head on the front and no screams coming from within. It is an ordinary building on an ordinary block in ordinary Boston, but when Friday night hits, it is a whole different story.

At 10:30 p.m. on Friday night, there is a line that wraps around the block. It is a line of people rarely seen during the day, not to mention rarely seen at all. Mohawks, piercings, chains, and latex adorn the skimpy dressed men and women who flock here and wait however long it takes to get in. Passersby stare with a look of terror on their faces and whisper to themselves. Those in line don't even seem to notice, or maybe it is just that they don't care.

An antique-looking sign is propped up outside of ManRay, and written on it is an Old English font, which says, "STRICT DRESS CODE ENFORCED. "When in doubt wear black. $5 Discount for creative attire, including: PVC, Rubber, Leather, Vinyl, Glam, Drag, Uniform, Formal, Cyber Erotic, Fetish or Vintage." The majority of ManRay's clientele will fall under these categories.

Walking into ManRay is like stepping into a whole other world; many affectionately call it the underworld. There is no light from the outside, only black lights and scattered colored beams of illumination flashing in every direction, distorting anything that looked natural to begin with.

The music is overpowering. It moves your chest with every thump, changing the rhythm your heart beats to its own. Faintly in the background there is a voice that whispers words you cannot understand, very chilling, yet oddly enjoyable.

"Your skin is deliciously pale, I love it darling, it's gorgeous," Super Bitch, a striking 6 foot 6 drag queen yells to a fellow drag queen. She whips her large body around and does a very dramatic cat walk out the door as she yells enthusiastically, "Ciao! See you on stage, love."

Tonight is a special night. Dita Von Teese, the famous pin up girl and fetish diva is going to perform a burlesque show. ManRay is packed with many of her admirers.

Super Bitch struts onto stage and introduces herself to the hundreds avidly awaiting Dita's emergence.

When Dita finally appears, everyone applauds. She is a very slim, yet curvaceous, woman with a similar appearance much like Betty Page. She moves with grace and attitude as she gives the crowd a very racy peep show. Then the curtain closes and there is another applause, this time louder and more sincere.

"She's beautiful, isn't she?" Monique says. Monique is from London. She also puts on many shows for ManRay. In her average, everyday life, Monique, 26, is a bank teller. Her husband is a chef. Monique is dressed much like everyone else at ManRay. She wears a black, see-through, mesh vest and skirt. She has on a garter belt and 8 inch heals. Union Jacks are painted over her nipples.

"Most of the guys here don't give me crap., in here it is different. No one really notices. Yeah some guys are creeps, mostly the guys that barely make the dress code with their black slacks and college frat attitudes. Other then that, everyone compliments. I must get at least 100 compliments each night. Not the "Hey baby, you are hot"type of compliments, it is more of the, "Love your outfit, it is so creative" or "That wig is great with your skin tone."

"One time there was a couple of real jerks in here, I mean real assholes. They followed me and my girlfriends around all night. I was dressed as a naughty nurse, so they kept saying they were hurt and stupid stuff like that. Then the fatter guy told me he would pay me to sleep with his friend. Real jerk. ManRay threw them right out. Last week an older lady got thrown out. She was just walking around grabbing people's crotches. It was so weird. She was probably rolling,

Rolling. It is a favorite pastime at ManRay. Ecstasy, or as the ManRay community like to call it, "party favors," are everywhere.

Many of the people at ManRay are on some kind of "party favor," but for everyone that is on something, there is just that many that aren't. ManRay isn't any different than any other club, "People do drugs at every club," Monique quickly says in defense of ManRay.

It is 2 a.m. Average house lighting turns on everywhere in ManRay. People squint as they move toward the door. A man wearing an Indian headdress and only a feathered thong below discreetly passes people what looks like a business card. It is an after party pass.

Once at the address given on the card, a security guard asks for the pass and to state your name in the intercom. Once verified, he opens the door. "Take the elevator to the top. Don't speak on your way there."

At the elevator there is another guard. He looks at everyone's cards then repeats the same message the last guard said. Once at the door, another man, this time not a guard, checks for the pass a third time and lets everyone in.

Lisa greets the guests. She used to work at ManRay, but now just goes on Fridays just to see her friends. Lisa, 34, has intense green, cat eyes. In her other life beyond ManRay she is a first grade teacher. You can see the patience in her face.

"ManRay is awesome, it is a great night out. I don't have to be me for one night a week. Monday I will be back to teaching a class of seven year

continued from back page

Make your Dreams Come True

By Danielle Saleski
Contributing Writer

There comes a time in everyone's life, when one is so moved that the only thing to say is "Wow." I have been fortunate enough to have such an experience at a young age. It is all due to the magic of working at the Walt Disney World Resort. When I first went down to Florida for a semester of living, learning and earning the college program, I had no idea I would be able to truly make magic for so many people in such a short amount of time. But one particular family has touched my heart in such a way that is magical.

It started out as a typical day in the wonderful world of Disney. At the end of the day when I was merchaintaining up a storm, I came across a family looking at our infamous small glass figurines with heads that bounce around. The little girl, about 11 or 12 years of age, looked at them quizzically. So of course, I jump right up there and show her all the funny things the Mickey and Minnie bridal set could do: kiss, smile and, of course, bobble! I spoke with the family for a few minutes and I learned the little girl, Serena, had some complications with her brain that did not allow her to speak and think quite as clearly as a normal 11- years- old. But she could understand every word I said and laughed hysterically every time I said "Bobble, Bobble, Bobble!" It was so great to see her having so much fun. I spoke with her dad some more and I asked them if they had seen the characters. He had said no because it was difficult to take Serena around in her chair but they hated to use Serena's disability as a reason to get extras. I said, "Well, I think your daughter is beautiful and that's enough of a reason for me!"

So off we went to see the characters. First we went to see Winnie the Pooh, Tigger and Eeyore. They all were so wonderful and gave Serena some extra special attention. They posed individually and as a group with her. The smile on this child's face was priceless! Her eyes danced as Tigger bounced around her and Eveyore waved shyly. It was quite an amazing site. We proceeded to see Minnie Mouse, Chip and Dale and of course Cinderella. Each and every one of them gave her the TLC she deserved. I occasionally glanced up at Serena's dad and his heart was so content to see his little girl so happy. Cinderella played patty cake with Serena and kissed her and told her how beautiful she was. Cinderella could not have been more right. She was beautiful. After we had spent all this quality time with the characters, Serena's dad looked at me with such gratitude and just said, "Thank you so much. You are so special." He kept saying thank you but the heartfelt meaning behind it warmed my heart to no end.

We walked back outside and I met one of my fellow cast members, Steve, who was aware of the situation. He proceeded to work his magic and went back to all the characters and got every single one of their autographs so Serena could remember everyone she saw. Meanwhile, I spoke with her father about my college and career plans and I told him about what a treat it was to work for Disney. I had also mentioned that I am very special friends with Nick Carter from the Backstreet Boys. They both seemed very excited to hear that, especially Serena. I later told Nick about her and now he really wants to meet her and her family. Truly, the surprises are endless.

Steve came back with the autograph book and brought more smiles. So for the icing on the cake, and just to see if we could go above and beyond one more time, I disappeared behind stage and wrapped up the Mickey and Minnie Bridal Bobble heads and put them on the stroller for a surprise. I told Serena there was a surprise in there for her and she just smiled. Her dad gave me the "You didn't..." look and I gave the "Of course, I did!" look right back. Once again, the stars in Serena's eyes and the gratitude in her father's were breathtaking.

We proceeded to take pictures and exchange addresses so we could continue our friendship. Serena hugged me and kissed me and we shared such a bond right there. We knew we would be special friends for a very long time. We eventually had to say goodbye and part our ways. My heart was so full of love at that moment.

After my shift, I was shopping when I received a phone call from another cast member who said, "Serena is here. I was so surprised she had come back. I went to go see her and her father was like "Thank goodness we found you. I wanted you to meet my wife and son so they know how special you are to us." I looked down at Serena and said hi but she did not recognize me without my costume on. She looked at me funny and then I said "Bobble, Bobble, Bobble!" and her eyes lit up and she hugged me. She remembered now! The store that day and I was so glad. I spent another 10 minutes with the family, talking as if we had been friends forever.

Of course, goodbye has to come at some point so I said farewell to my new friends and told Serena I would never ever forget her. Her dad looked at me and said "Thank you, thank you, thank you so much, you've truly made our experience one we will never forget!" Those words right there made me realize why I was there. I smiled my biggest smile at both of them because they were changing my life.

About a week ago, I received a very moving letter from Serena and her family telling me once again how special their vacation was. Enclosed were the pictures we had taken with special notes on the back of every one of them. That is proof that we don't just make people smile while they're in the park. We can make them smile weeks after they've been home. When they come back we'll make them smile again! I was truly touched that I was able to make their time so magical and the gratitude was more than mutual.

At that moment, I knew who I am and what my role and purpose was at Disney. Serena will always be a special girl to me but the idea of being able to do that each and every day is an incredible feeling. We can truly make magic in the lives of every guest that walks through our door. Since I met Serena, I have realized even more how important it is to know your role. If I had one piece of advice for every cast member that walks through Disney's doors it would be, "Never forget why you are here and never forget that at any given moment you could be changing someone's life." There are many special people like Serena. How many? Every single person that walks through the doors. Even a simple smile can be life altering. We truly can turn our guests into our cherished friends.

As my Walt Disney World living, learning and earning came to a close, I knew this was not the end. It is just the beginning. The life skills I have learned through working at Walt Disney World will be portrayed in my life each and every day, now and forever. Of course, I'll be back. I tell each and every one of my guests, thank you and come back again soon. It wouldn't be right if I didn't take my own advice. I'll be back!

A Fair Comparison

ords and Photos by Marilynn Verna Christian
taff Writer

"It just isn't the same any more," id Sandy River's of 'Roxies French ies. Many agree there is less wnsfolk involvement and money tting high priority rather than fam- fun resulting in the dropping vay of creative unique, affordable omemade games of skill and inex- ensive food. Some fairgoers make e best of having to comply with ricter codes,

We have enjoyed the special attrac- ons such as the repeat tiger perfor- ance, the bears, and seeing how rge the pumpkins grew each year. owever, some attractions are miss- g this year. Such as the marching lydesdales, loggers, live deer and rger competitive 4H displays from cal participants.

Granted the Maple museum, the ig race and Dairy Barn are tradi- onal but could use some new fla- ors of interest. Chefs used to fairly rag who could sell the best hot ogs, secret recipe sausages, Buffalo wings, soda or other goodies with- ut chemicals or high bankroll rices. Now, the dwindling spots for oncession stands become vacant as anagers are often forced to move n burdened by State code regula- ons, high rent, taxation, and even mited as to what product they can ell. Clubs, Carnies, & Concessionaires struggle to profit nough to make ends meet making it ugher to find good workers. enior citizens, poor and needy fam- ies could not afford to attend ecause entrance fees were seven ollars or more for each person, plus arking. Many could not under- tand why they had to pay again to nter the grandstands, the elderly omplaining, "why should we who nly come here to sit, have to pay for thers to go on the rides?" It is a orry concern for many including he board members, who are trapped, limited and challenged, lso. Many feel more local families would come if the Fair Association would allow free grandstands and etter yet only charge one or two ollars a piece for entrance. Then

"It just isn't the same any more"

Sandy River's of 'Roxies French

there would be multitudes, repeat attendance, midway prosperity, and all could enjoy the State Fair which was designed for Vermont families & historic education, first. We sadly left for home with fond memories that would last us a year as also, treasuring our souvenirs of quality a lost tradition? We loved our new fair purchased pets, too.

Many would call these viewpoints 'A FAIR FARE COMPARISON' if you look at the escalated growth of the Tunbridge World's Fair in Tunbridge, Vermont, which used to be a place of rebellion. Last Saturday, crowds of people herded into the grounds traveling from many states to again watch the old fashioned dances, magic acts and ride on smaller rides. The fair was crammed with concessions, games, animals and the bandstand was free. The antiques were well displayed and entertaining. Adults who had been contributing to the fair for years dressed up in ornate colonial costumes proudly sharing with the audience the skillful handiwork of their crafts, such as; candle-making, weaving, postal work, fiddle-making, quilting, running a press, popping steam engines, planing beams, making raw cider, running a blacksmith shop, displaying an old fashioned school house, and selling products from an old mercantile or even from an Emu. The tiny dozen baby pigs were a squealing delight for the whole family.

Men in 2nd Vermont Volunteer Infantry Regiment taught safety principles in black powder muzzle loading and tenting survival while decorative Colonial women demonstrated teamwork in old fashioned hearth pie baking, cooking for the laborers. The farmers displayed their livestock and ox pulls while youth paraded their horses, goats, calves, geese, rabbits and chickens. Still, costs were too high & entrance fees too.

World Tales and Celtic Music

By Kelsey D'angelo
Contributing Writer

On Thursday, September 12 in the Fine ArtsCenter, Vermont storytellers Tim Jennings and Leanne Ponder performed a series of songs combined with oral stories.

Using music, puns, mimicry and pantomime, Jennings and Ponder weaved nonsensical, traditional and folk tales for a modern audience. Their voices interplay as they acted out stories that fascinated and exercised the audience's imagination. One nonsense tale spun so fast that the crowd could barely keep up but they laughed heartily from the abrupt change of expectation. Other tales were borrowed from the traditions of Scotland, Italy and Norway. The storytellers added their own imaginings, as Jennings explained, in order to remember and personalize the story. Each storyteller tells it differently. This particular fable resembled the "Beauty and the Beast" cycle.

Folk tales are passed orally from person person and are rare written down. Originally, this was due to the pea ant classes being illiterate. "Although they a now often recorded, a book cannot capture a tr oral performance," Jennings said. The true mea ing comes from voice inflection and visual action The tradition of storytelling, which spans centuri and continues to this day, serves as entertainmer for all ages.

Ponder and Jennings also performed several mus cal pieces that reflected and connected to their tale Ponder played the Celtic harp, while Jennings played tw concertinas, one in the violin range and the other in the cell range. They played slow Irish tunes and some bouncy jigs Some of the songs, like the folk tales, were not written down for cen turies because they were performed by people who could not read music.

The Fashion Demon and the First Date

By Nicole Root
Staff Writer

With the busy schedule a typical college student holds, it seems virtually impossible to find time for any outside activities, like dating. But, fortunately, there comes a time when our schedule slows down and there is time for such an activity. And with dating they're inevitable comes the dreaded first date. The first date brings much anxiety, especially when it comes to deciding what to wear. The most important thing to remember when choosing your outfit is to be yourself. But, going to the ballpark make sure you aren't dressed for the ball.

A typical first date consists of going out to eat. It is safe to assume that with the budget of most college students you won't be gong to the "Sizzler." So pretty much anything goes. Jeans, khakis, cords for the guys and girls. The really only important thing to remember is to make sure that whatever you wear is clean.

The movies are another option for the first date. Remember that theaters around aren't the "Imax" and comfort should be considered first and foremost.

Consider the air conditioning in the theaters and remember to always bring a sweater or jacket because the chill will only make the date more nerve racking.

The most important thing to remember: don't stress out over the binds of your closet. When going on your first date remember be yourself, be comfortable, and be relaxed. Spending time dressed in eveningwear at the miniature golf course will probably lead to a disastrous time.

The Woods Tea Company: A Soundings Must See

By Christy Howe
Staff Writer

On the stage of the Fine Arts Center during the rainy night of August 29th, the musical notes of a Vermont based group by the name of The Woods Tea Company, penetrated the ears of both students and Castleton locals alike.

The concert, filled with a hearty blend of sea chants, folk songs, Celtic music and the occasional witty jokes of its members, awakened its' listeners to many different styles of music often ignored in the main stream music scene. With the rich singing voice of member Rusty Jacobs, Michael Lussen, and Chip Chase, audience members had the opportunity to visit the sounds of many musical eras.

Described by Folk Music quarterly as "one of the ten hottest up and coming acts," they did not seem to disappoint as they sang favorites such as "Home Sweet Home" and "Going Away." Songs had both the characteristics of the folk world, including a slight twist of modern entice ment that seems to intrigue the young as well as the old.

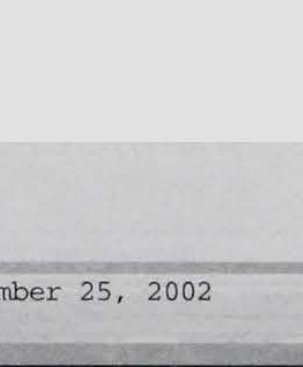
Ending around 9:30 p.m., the majority of the audience seemed sad to see them go. Not only do many love the music, but also the groups easygoing aura and down to earth perspective on the basic pleasures of New England life, seemed easy to relate to. So easy to relate to in fact, that The Woods Tea Company concert which was co-sponsored by the student association, is a Soundings event that has become a Castleton tradition over the years. Starting concerts early on at Castleton, they were well received then, and continue to be well received.

campus Chat

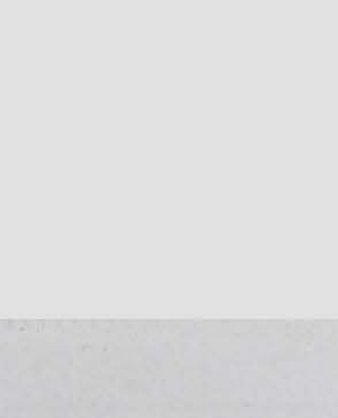
Photos and comments by Jen Arthur

What is the most frighting thing you have ever seen?

T.J. Bottiggi
"A person getting hit by a car."



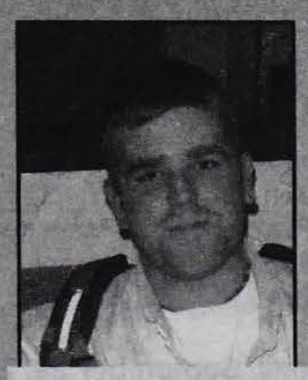
Kim Hart
"Bo Milroy when he has had too much to drink."



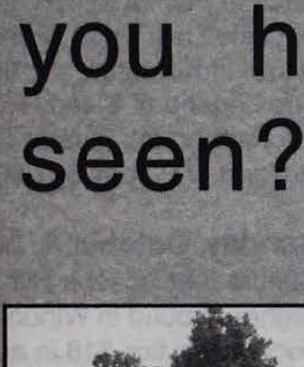
April Gordon
"My roomate's mess."

Simone Gratton
"My suitemates when they wake up."

Evan Hall
"My dad pissed off."



Bo Milroy
"A big spider."



Scott Kirpan
"Ellis' bathroom."

Kevin Boucher
"A really bad porn."

Loretta Meghan

Loretta Barthel
"Meghan in the morning when she hasn't had her coffee."

Events

By Mareisa Weil

Wednesday, September 25, 2002
Raisinhill @ Monopole in Plattsburgh, NY; show at 10pm
Brazzaville @ Club Metronome in Burlington, VT; show at 10pm
RAQ @ Nectar's in Burlington, VT; show at 10pm
Beatnuts @ Higher Ground in Winooski, VT; tics $16 in advance, $18 at the door; 18+; doors at 8pm
Rent @ the Flynn Theater in Burlington, VT; 7:30pm

Thursday, September 26, 2002
RAQ @ the Bull & Bier Haus in Plymouth, NH
Atica @ Monopole in Plattsburgh, NY; 10pm
Manifest nexTOme @ Club Metronome in Burlington, VT; 9pm; $4 cover; 21+
South Catherine Street Jug Band @ Nectar's in Burlington, VT; 9:30pm; 21+
Robert Randolph and the Family Band feat. Voice @ Higher Ground in Winooski, VT; 18+; $15
SOUNDINGS: Vermont Symphony Orchestra @ Fine Arts Center
Tickets Required

Friday, September 27, 2002
ZestA @ the Bull & Bier Haus in Plymouth, NH; 10pm; $3 cover; 21+
Distant Relatives @ Monopole in Plattsburgh, NY; 10pm; 21+
Nikulydin feat. The Feed @ Valencia in Burlington; 10pm; "Organic Trance Party"
Doctor Jones @ The Perfect Wife in Manchester, VT; 9:30pm; $5 cover; 21+
Five Day 40 @ Mad Mountain Tavern in Waitsfield, VT
Belizbeha feat. Birth @ Higher Ground in Winooski, VT; doors at 8pm; $8; 18+

Saturday, September 28, 2002
Reed Foehl w/ Putnam Murdock @ Java Barn in Canton, NY; 9:30pm
Distant Relatives @ Monopole in Plattsburgh, NY; 10pm; 21+
Dr. John @ the Flynn Theater in Burlington, VT
Pushback @ Halvorson's in Burlington, VT
Seth Yacavone Band @ Johnson State College in Johnson, VT; 4pm; FREE lawn show
Doctor Jones @ Candeleros in Rutland, VT; 9:30pm; 21+
Living Daylights w/ Dr. Didg @ Higher Ground in Winooski, VT; tics $10 in advance, $12 at door; 18+
Grippo Funk Band @ the Pickle Barrel in Killington, VT; 21+
Joe Piscopo @ the Paramount Theater in Rutland Vermont; 8pm; tics $20-$25

Sunday, September 29, 2002
Chill Harmonic Orchestra @ Nectar's in Burlington, VT
The Dismemberment Plan @ Higher Ground in Winooski, VT; doors 8pm; tics $10 in advance, $12 at door;
18+

Wednesday, October 2, 2002
Beenie Man @ Higher Ground in Winooski, VT; doors 8pm; tics $20 in advance, $22 at door; 18+

Thursday, October 3, 2002
The Feed @ Valencia in Burlington, VT
Pushback @ the Wine Bar in Burlington, VT
Robert Walter's 20th Congress w/ will Bernard, feat. Bullfrog, Kid Koala, and Blurum13
Doors 8pm; tics $16 in advance, $18 at door; 18+
SOUNDINGS: Michael Mello @ Black Science Auditorium; "Death Penalty"

Friday, October 4, 2002
Spookie Daly Pride @ the Java Barn in Canton, NY
Hypnotic Clambake @ MacDonough's in Plattsburgh, NY; 10pm
Rezi @ Monopole in Plattsburgh, NY
The Grift @ Angela's Pub in Middlebury, VT; 10pm
Leon Tubbs @ Mad Mountain Tavern in Waitsfield, VT; 21+
Don't Sweat the Technics @ Higher Ground in Winooski, VT; doors 9pm; tics $13 in advance, $18 at door
18+; DJs 'till 5am
L'il Bow Wow feat. B2K @ Pepsi Arena in Albany, NY; 7:30pm

Saturday, October 5, 2002
7 Minutes More @ Loon Mountain Resort in Lincoln, NH; 3-5pm
Rocktopus @ the Bull & Bier Haus in Plymouth, NH; 21+
Spookie Daly Pride @ the Pickle Barrel in Killington, VT; 9pm; 21+
The Legend of Sleepy Hollow @ the Paramount Theater In Rutland, VT; 8pm; $27.50-$32.50

Sunday, October 6, 2002
Culture feat. Joseph Hill @ Higher Ground in Winooski, VT; doors 8pm; tics $16 in advance, $18 at door

Monday, October 7, 2002
Robert Bradley's Blackwater Surprise @ Higher Ground in Winooski, VT; doors 7pm;
Tics $12 in advance, $14 at door; 18+

Tuesday, October 8, 2002
Karl Denson's Tiny Universe feat. Topaz @ Higher Ground in Winooski, VT; doors 8pm
Tics $16 in advance, $18 at door; 18+
Tragically Hip @ the Flynn Theater in Burlington, VT; 8pm

Wednesday, October 9, 2002
The Big Wu feat. Spookie Daly Pride @ Higher Ground in Winooski, VT; doors 8pm
Tics $8 in advance, $10 at the door; 18+
Tragically Hip @ the Flynn Theater in Burlington, VT; 8pm

Attached is a list of the shows scheduled:

CAREER TALK 2002-2003

ON WIUV 91.3 CASTLETON RADIO

Taped shows available on the web at www.castleton.edu/careers

	DATE	TOPIC
1	SEPT 10	Intro to 2002-03
2	SEPT 17	Blood Drive & Working for non-profits.
3	SEPT 24	Non-journalism Jobs in Print Media
4	Oct 1	Credit Card Crazy
5	OCT 15	Straight Commission Base +Commission
6	OCT 22	CAREERS IN ART
7	OCT 29	CAREERS IN PHILOSOPHY
8.	NOV 5	CAREER FAIR
9.	NOV 12	CAREERS IN CORRECTIONS
10	NOV 19	Staying in VT? Start a Small Business!
11	DEC 3	Americorps 7 different programs
12	DEC 10	How to negotiate salaries & benefits.
13	DEC 17	Wicked Weird Jobs I

Tuesdays 11-12 p.m.

WIUV 91.3 CASTLETON RADIO

Brought to you by Judith Carruthers and the Career Development office.

CONSIDER JESUS

invites the faculty, staff and students of Castleton State College to a complimentary luncheon on Monday, October 7, from 12:00-1:30 p.m., at the Old Chapel, Great Hall.

The outcome of a three-year prayer and Bible mission, CONSIDER JESUS is a week of evangelistic services being undertaken by area believers and churches. Evangelist will be Roy Fish, distinguished Professort of Evangelism at Southwestern Baptist Theological Seminary in ForrtWorth, Texas. Song leaders will be Bruce and Sharon Marshall from Raymond, Maine. At ht luncheon, the Marshalls will sing and Dr. Fish will give a short talk followed by a question and answer session. RSVP's by October 3 are welcome, but not necessary. Call 537-483.

CONSIDER JESUS will be held October 6-12, at 7:00 p.m. nightly, at the First Baptist Church of Fair Haven, Vermont. All are welcome.

30 * 30 * 30

Contact Patron:

Barry Joe Tate
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Consider Jesus

Sponsored by area churches and believers

Saturday, October 5, 1-3 PM

Men's Rally
1st Congregational Church, Fair Haven, VT

Music:	**Word:**
John Polce	Hugo Lategan
Smithfield, R.I.	Binghamton, N.Y.

Women's Rally
United Methocist Church, Fair Haven, VT
Music and Word:
Karen Coke and Debbi Saunders
Re Direction Ministries; Charlotte, NC

7:00 PM
Service of Worship and Prayer
With John Polce and Karen Coke
1st Baptist Church, Fair Haven, VT

Area-Wide Evangelistic Services
October 6-12; 7:00 PM Nightly
1st Baptist Church, Fair Haven, VT

Evangelist
Roy Fish, Ft. Worth, TX, preaching Sun - Fri

Song Leaders
Bruce and Sharon Marshall, Raymond, ME

Wednesday, October 9, 5:30 - 6:30 PM
Pre-Service Event for Children, Grades 1-6
Supper ✦ Song ✦ A Talk with Roy Fish

Friday, October 11, 5:00 - 6:30 PM
Pre-Service Event for Teens
Pizza ✦ Music: Idle Tears
Speaker: Karl Swanke, former Green Bay Packer

Child Care Provided for Evangelistic Services
Info: 537-2483

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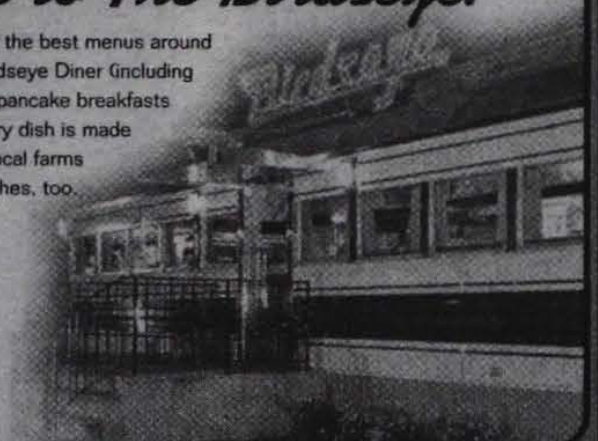

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continued from page 11

Nicole and Kelsey

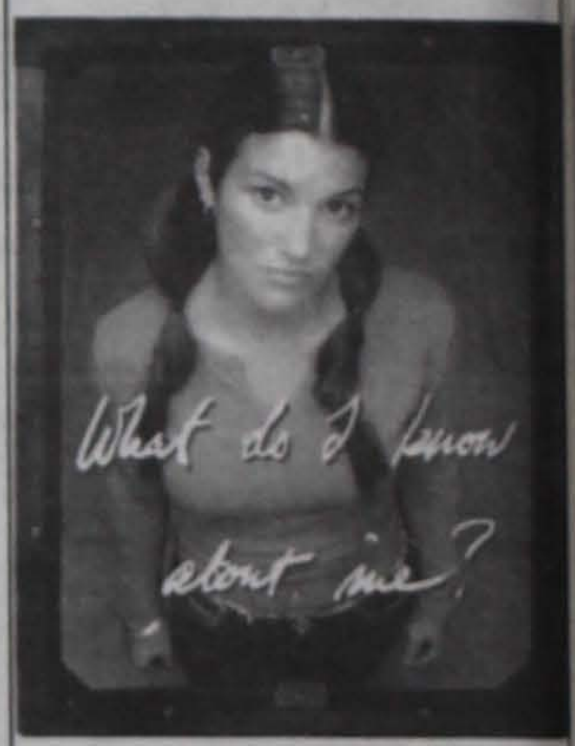
Red Goth through Nicki's glasses

old sand no one thinks anything of it. No one really knows. It's so cool." The turn out for the after party is almost as large as the number that was at ManRay. This time it is people from all the fetish clubs gathering together. There is enough cheese and crackers to feed all of Boston and more than enough alcohol to go around.

This is an average party that could be going on at any part of the country. The only difference is the atmosphere. This house has a dungeon. Mistress Mimi, a very large woman in a black lacey gown and corset, stands at a post that has hooks to attach cuffs to with a crop in her hand. "I know you want to be spanked," she says in a seductive voice, adding a demented cackle to the end of it, just to add to the twisted effect.

It is now 6 a.m. The sun is out. People slowly make their way out the door; some are going home, some are hitting the next after party. Walking out on the street you now feel very different. All the 'freaks' that you have become so close to are gone, and now you are just back with the normal everyday folk.

Gothic and fetish lifestyles may not be the norm and they are not entirely accepted by the general public, but at the same time, they are in the general public. Some Goths are teachers, some are bank tellers; they are everywhere we go. Some lead average lives and look average in the daylight. Some do not. Even if you are not a practicing Goth or fetish queen, ManRay affects you. It is something that you won't forget. The people are just like you and me, not on the outside, and not exactly the same on the inside, but in general, they are us.



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The Random House Webster's College Dictionary (1997) defines democracy as:

1. government by the people; a form of government in which the supreme power is vested in the people and exercised directly by them or by their elected agents under a free electoral system.

2. A state having such a form of government.

3. A state of society characterized by formal equality of rights and privileges.

4. Political or social equality; democratic spirit.5. the common people, esp. with respect to their political power.

There will be a meeting at The Center for Women's Issues (next to the Fine Arts Center) on Friday, September 27, 2002 at 3:30 p.m. to organize a voter education campaign on campus. Bring your ideas and voices. Remember: Now is the time to take action!

For further information, contact Jan Rousse at ext. 1371 or Cindy Kilic at Cynthia.Kilic@Castleton.edu

President David Wolk's Inauguration

will be held at 1:00 p.m. on Thursday September 26, 2002
in the Glenbrook Gymnasium.

All students are invited to attend. A formal invitation was sent to all student mailboxes. If you wish to attend please RSVP to Lori Phillips in the Conference Office.

There will also be an ice cream social, held on Friday September 27 in the Fine Arts Center, beginning at 4:00 p.m. Following the ice cream social will be a cabaret. A community reception held at the President Wolk's house will conclude the evening.

The Cairn

\'karn\

October 16, 2002

F023

President Wolk Addresses Respect Issues on Campus

Courtesy of Meredith Trude

President Wolk met with a small group of people from the Castleton community on September 30, 2002, to discuss his policies on respecting all people. Below is a copy of the speech he gave.

T.J. Hooker

A COMMUNITY OF RESPECT
David S. Wolk, President
Castleton State College
September 30, 2002

Look at the persons to your left.
Look at the persons to your right.
If you know them, think about who they are, and what they mean to you.
If you don't know them, maybe you should.
I want to ask you to think about these questions.
Does it matter what color clothes you are wearing today?

continued on page 3

Nation prepares for War

By Scott Lanphear
Staff Writer

Over the past few weeks, people have kept their eyes on their television screens and newspapers in anticipation of a possible war with Iraq, as the Bush Administration has continued to make its case for war, and many world leaders and political opponents have voiced their opposition.

After the Gulf War ended in 1991, Iraq was sanctioned by the United Nations and forced to let weapons inspectors search for weapons of mass destruction, including chemical and biological weapons. In 1998, Iraq threw these weapons inspectors out, which made the United States government suspicious that Iraq's leader Saddam Hussein was hiding his weapons.

Following the attack on the World Trade Center on September 11, 2001, President George W. Bush announced a worldwide War on Terrorism. After launching a military campaign in Afghanistan, Bush turned his eyes toward Iraq. In his State of the Union address at the start of this year, he named Iraq part of the "axis of evil." Bush has repeatedly made his case that Saddam has weapons of mass destruction, and has called for a "regime change" in which Saddam would be ousted from power.

In the past few weeks, Bush has sent a resolution into the United Nations Security Council, and has given Congress a bill that would give Bush power to use force against Iraq. Meanwhile, Iraq has agreed to let weapons inspectors back in, but the Bush Administration is still making its case for war.

Dr. Jonathan Spiro, of Castleton's history department, thinks that that there may be some good reasons for going to war, but the Bush Administration has not fully explained the necessity of war. Spiro said he believes Bush is using the war as a way to improve his diminishing poll numbers and to follow up on what his father failed to do in 1991, during the Persian Gulf War. He said that Bush has a "gripe with Saddam" and is using the weapons of mass destruction as an excuse to go to war.

Spiro said that if Iraq is making weapons of mass destruction, the United Nations should simply go in and destroy them, but what the Bush Administration wants to do is to change the whole regime of Iraq.

Spiro compared the current situation with other events in history, noting that throughout history, leaders have threatened to go to war or actually gone to war to increase their popularity.

Although Spiro does not approve of a war with Iraq, he believes a war with Iraq will occur, but not for a few months, as "technical problems" must be worked out.

Professor Tom Conroy of the Communication Department said that Bush is trying to "appeal to two constituencies": the religious fundamentalists who want revenge after 9/11, and the big oil companies. President Bush and Vice President Cheney both have ties to the oil business, and they may want access to Iraqi oil. Conroy noted that Iraq has the second largest oil reserve in the world after Saudi Arabia.

Conroy said that the international community, including the United Nations, should "maintain tough weapons inspections," but the United States should not unilaterally attack. However, he said he thought that there would be a war, and it would start sometime between November and January. He added, "Saddam Hussein is a horrible leader who has performed horrible acts of thuggery on his people, but the U.S. has never previously used this as a condition of iintervention."

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Editorial. \'karn\

It's the People Who Count

Last spring, my friend "Katie" was painstakingly deliberating between two colleges, trying to decide which school to attend this fall. One school is a large, urban school. Everyone in its area lives the fast-paced life, and the thousands of students enrolled at this school roam the streets of one of the nation's largest cities, day and night. Katie's other option was a small, artsy school in western New York.

The schools have one thing in common: an excellent academic reputation. As I listened to Katie ponder her options, I could not help but notice that the focus of her decision was on issues like the newness of the furniture, how many computers the libraries had, and how late food was served. Katie is one of the most laid-back, down-to-earth people I have ever known. She was used to spending her nights relaxing in her lake-house and riding her horse, not wandering city streets and hailing cabs, which we both knew is what the people at the city school do on a nightly basis. While she liked the thought of being able to get a cheeseburger delivered at three a.m., I pointed out that what was really important in college is the people you are with.

I transferred to Castleton last year. For three semesters before I enrolled here, I attended a private, Division I, "rich kids school." While I was impressed with the more flexible meal plan and the always perfectly maintained landscaping on campus, I was not nearly as in love with the people. I liked the people I hung out with, but too many of them were far more concerned with their image and what they "should" be doing than they were with what they actually were doing. When I came to Castleton, I found people are much more down-to-Earth, more laid-back, more like myself.

Now, Katie and I are both with people with whom we have a lot in common. We each have a lot in common with our friends and the others around us. I'm not suggesting we should never try new things or go new places. I know firsthand that college is about new experiences, but the experiences you have are shaped by the people you share them with. You learn as much—if not more- from your peers as you do from your professors. They help you discover sides of yourself are unaware of. They help you learn the value of respect, honesty, love and true friendship.

It's not the furniture or the size of the parking lots that matter. They are concerns now, but are insignificant in the grand scheme of things. Thirty years from now, when you look back at your college years, you are much more likely to remember your roommates and your friends—the people you laughed, cried, studied and partied with for the 'four best years of your life.'

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continued from cover

A COMMUNITY OF RESPECT

David S. Wolk, President

Castleton State College

September 30, 2002

Does it matter whether you are a Catholic, an atheist, a Protestant, an agnostic, a Jew, a Muslim or any other religion?

Does it matter whether you are male or female?

Does it matter whether your skin is white, black, brown, yellow or any other color?

Does it matter whether you make your way through life with the help of a wheelchair, a hearing aid or a personal aide?

Does it matter whether your parents are Italian, Irish, Polish, French, Swedish, Russian, or any other ethnic background?

Does it matter whether you are gay or straight?

Now look again at the persons to your left and right. And remember this: if we go back far enough, we are all members of the same family.

Now think about this. You might believe in the theory of evolution. You might believe in Adam and Eve, and the story of creation. That does not matter to me. But what matters most is that if you trace all of our family trees as far back as we can go, then something becomes very clear: we are all one family.

We are all related.

Some of you might not want to think about that. You know the old saying- you can't choose your relatives, but you can choose your friends. But we are all relatives. We are all related.

If you go back far enough, we are all related, we are all one family.

Since we are all related to each other, as brothers and sisters, don't you think we could be kinder, less prejudiced, more understanding, and less biased in our treatment of each other?

Since we are all related to each other, why is it that we distinguish one from another based upon our religion? Why do we tolerate needless hatred in our world based upon differences in religion, which remains the major cause of most of our international wars, including the one in which we are now involved?

Since we are all related to each other, why is it that we treat boys and girls so differently in our society? Gender discrimination is not limited to Afghanistan. Why is it that girls in our country often have higher grades? Why is it that there are more young women than young men in the National Honor Societies across the country? And yet why is it that these same women with the higher grade point averages earn so much less than men in the world of work?

Since we are all related to each other, why is it that those who appear to be different from the norm, because they are perceived to have a "disability", are treated so differently?

Since we are all related to each other, does it matter if a mother is Polish or a father is Italian or a cousin is Irish or an uncle is French? Does it matter?

Since we are all related to each other, why do we allow such hurtful criticism of our gay and lesbian brothers and sisters, by making crass and painful jokes, at the expense of those whose sexual orientation is so threatening to us? Why is homophobia such a common form of harassment in our schools and colleges and in our society?

Since we are all related to each other, why does the color of one's skin even matter to anyone?

Perhaps we need to be comfortable in our own skin first. You know...respect ourselves before we can respect others. Speaking of being comfortable in our own skin...

For those of us in this room whose skin is white, and that is by far the majority, consider this:

What would it be like for a Vermont woman, who is also an African-American, to go to a Vermont convenience store to buy some simple household items? Think about it.

Would she be able to find the proper color stockings? No. Would she be able to find the right color cosmetics? Doubtful. Would she be able to buy Clearasil or band-aids that would blend in just right? No. Would she be able to find the right hair care products? Probably not. And if anyone in her family had a birthday, anniversary, or any holiday to be celebrated with a greeting card, she would again be out of luck. Not one card in the store depicts the life of an African-American, a Muslim, or an Asian American for that matter. Everyone in every greeting card is white. It is assumed that we are all white.

How must that feel to repeatedly get the message that you don't belong?

This is the feeling that minorities endure every day. Not all minorities. Although ten percent of the population is left-handed, there appears to be no need for a One in Ten for left-handed people at Castleton. However, there is a need for our One in Ten.

T.J. Hooker

Those who have ever been in a minority know how it feels when your dignity is chipped away every day.

And, like it or not, we are all prejudiced. No one is born prejudiced. But we are exposed to prejudice in many ways: we learn it from those who pass down biases from one generation to the next, we hear it around the dinner table, we experience it in locker room conversations, and we see it all around us. We learn it, and we can unlearn it.

Prejudice is the result of "prejudgment". It leads to different kinds of discrimination, much of it unintended. And it can be contagious. If you have been hurt by prejudice, the natural inclination is to want to strike back. Hatred breeds more hatred. That's why so many victims of child abuse become abusers themselves. That's why victims of hazing in some of our colleges and schools become hazers themselves. It is a natural instinct to want to strike back, to hurt back.

It is important to know why we learn prejudice. I believe that our prejudices against people who are different from us in any way are rooted in our ignorance and our fear.

It is the fear of the unknown that causes us to prejudge. That leads us to prejudice. What we do not know or cannot understand, we fear.

So how can we deal with this ignorance and fear? How can we educate ourselves? We can start with Castleton, and we can teach, and we can live, respect.

The best colleges are communities of respect. The best colleges promote a safe, civil, positive, healthy, friendly learning environment, where individual differences are respected, where diversity is honored, and where discrimination in any form is not tolerated. That is the kind of extended family environment in which I want to live at Castleton.

I have confidence that you can understand and act upon that message. I have confidence in you because, more than any other generation, including my own, you have demonstrated a greater capacity for understanding, respect and appreciation of individual differences than any other. You are more accepting of what makes us all different than any of your predecessors, including your parents and my own generation.

I believe in you because I have witnessed your generosity and your respect. It is all about respect.

Let me tell you a true story. When our son started first grade, he would often talk about the kids in his class, but especially about a girl named Susan. When we asked what was special about Susan, he said that she was nice and friendly to everyone and that she made him laugh.

A few weeks into the school year, my wife volunteered in his class, and she met Susan. Susan was cheerful, funny, kind, and had a wonderful twinkle in her eye. She also was a child with spina bifida, a birth defect that left her stunted in growth and unable to walk. She would occasionally propel herself from her wheelchair, dragging herself along the floor using her elbows. And she fit in quite nicely.

That night at dinner my wife mentioned to our son that Susan was just the way he had described her, but that he had never mentioned that she had a disability. He shrugged his shoulders and said: "Oh yeah. I guess so." He never looked at her physical limitations, but rather her strengths, her humor, her kindness. What we look for is what we see.

I see that in your generation.

I think that you are growing up in a difficult time, but I have high hopes and great expectations for you. I have more confidence in your generation than mine, because I see you as being more accepting, and respecting, of that which could otherwise divide us.

So, I will ask you one more time:

Look to your left. Look to your right. Respect the diversity of those around you. Honor your individual differences, but do not fear them. We may be different, but we are all one family.

President has Big plans

by Jess Buswell
contributing writer

President David Wolk has many encouraging and exciting things to say about Castleton State College's future. Above all else, Wolk has expressed enthusiasm for his new position as President at Castleton State College. President Wolk said that he has "fallen in love with Castleton," and that he is glad to be involved in a community of Castleton's size. President Wolk's enthusiasm is especially evident in his close involvement in the student body.

President Wolk, since the start of the 2002 academic year, has been highly involved in student clubs and programs. President Wolk recently attended a One in Ten Club meeting to show his support and offered words of encouragement to the members. President Wolk extended an invitation to the SOS students to attend dinner at his private residence on Friday night, October 4th. President Wolk has initiated the addition of a coffee house in the Moriarty building. The coffee house will feature special late hours on nights when Soundings events are held. President feels the coffee house will make Castleton more comfortable for students and faculty.

President Wolk has plans to make big physical changes on campus. He intends to increase on-campus housing space by eventually adding at least one residence hall. He also feels we need to make existing residence halls more modern and more apartment-style. He has plans to make physical changes to the Fine Arts Center as well. He plans on "getting back to the liberal arts program," explaining that Castleton is a liberal arts college and it needs to get back to focusing on that aspect of the college. He said that the college needs some improvements in the area of liberal arts, both structurally and fundamentally.

President Wolk voiced plans for the college in the academic area as well. "I am planning to extend the Castleton nursing program to Dartmouth Hitchcock Medical Center," he said. The Medical Center is very high-tech and up-to-date with the latest medical technology. By linking Castleton's nursing program with the Dartmouth Hitchcock facility, nursing students would have the opportunity to work in a renowned health facility while also having the opportunity to "give back to Vermont" upon graduation, according to the President.

Giving back to Vermont is one of President Wolk strongest convictions. He has addressed this theme in many of his speeches, including his Inaugural Address and his Convocation speech. President Wolk said, "I am trying to encourage the students of Castleton to give back to Vermont." Students can do this, he said, by taking their education from Castleton and using it in the community in the form of a teaching job or nursing position.

President Wolk is not only concerned about Castleton students feeling at home, but also about getting the kind of quality education that a small college like Castleton can provide. President Wolk is working hard in the fundraising area to ensure that the College has enough funds to provide students with all of the necessary tools needed to attain that high quality of education.

President Wolk is focusing on bolstering the fundraising efforts, Castleton receives only 20% of its budget from the state of Vermont. The rest of the budget money comes from fundraising and student tuition. With all the changes in the areas of academics, student life, and physical renovations, should students expect an increase in tuition? "I am trying to focus on fundraising so that I can keep tuition increases at a minimum," the President said. However, since tuition increases are based on how much outside funding the college can receive, students can expect to see some increase in the cost of tuition in the near future.

President Wolk continuously expresses genuine interest in the student body at Castleton. He is available in his office in Woodruff Hall, and said that he is here for every student and is willing to try and personally help students with any problems or concerns that they may have here at Castleton State College.

TJ Hooker

Parking is a Problem on Campus

By Lindsay Hale
News Editor

Whether you commute or live on campus, you can agree that parking is a real hassle. Not only is it hard to find a parking space that you are allowed to park in, when you finally find one, the walk to your destination can be equally as strenuous. Public safety understands these hassles and is being really reasonable about where you park as long you park responsibly and do not block anyone in. Parking fines also revolve around a much bigger mission, which is to provide a safe environment at Castleton State College.

Public Safety really is not here to make money off parking fines. They would actually prefer not having to hand out parking fines at all; however, it is the only way to enforce parking in a safe and reasonable manner. As a service to the campus community, Public Safety is willing to escort students from their cars to their residence halls late at night.

As of September 5, 2002, Public Safety has been ticketing cars not displaying a valid parking permit. After being issued two tickets, a vehicle will be towed. Parking permits serve two purposes. One is to identify cars for parking and safety reasons. The second reason is to help with future planning on resolving parking problems. During Labor Day weekend, the number of non-permitted cars the resident lots was 150. If you still do not have a permit, go to public safety as soon as possible. Permits are free, unlike parking tickets.

Long term planning has introduced the possibility of building a parking garage in the lower Adams parking lot. Of course, if this does happen, it definitely will not happen in the near future. This garage would serve residents and fan attending sporting events. Allowing only upperclassmen to have cars on campus is out of the question, according to Public Safety. Public Safety does not believe it would be fair to the freshman class. Short-term goals are turning the street that goes by the gym and connects to South St. into a one-way street. This would create temporary, 30-minute parking spots to be used for the packing and unloading of vehicles.

Students have many thoughts on the parking situation. " Why do commuters have the parking lot right next to the campus center, and their classes are on the other side of the road?" Sabrina Jewell asked. Stephanie Patno said, "They should eliminate a row to the SHAPE parking because the parking lot is rarely full."

Keystone Speaker Talks about Buddhist Culture

By Corinne Casella
Staff Writer

Dr. Robert Thurman will give a lecture on Thursday October 24 concerning his latest book. He will also discuss his views on the Tibetan and Buddhist cultures. The lecture will take place at the Glenbrook Gymnasium at 7 p.m.

Thurman and Jey Tsong Khapa professor of Indo-Tibetan Buddhist Studies at Colombia University are not your average teachers. A former Tibetan Buddhist monk Thurman claims the 14th Dalai Lama as a close friend. A continuing love of the country and religion urged him in 1987 to co-found New York City's Tibet House.

Thurman is a man of many facets, an expert in his field he also finds himself at home in the celebrity world. His famous associates include Laurence Olivier, a friend of his parents, Richard Gere who helped in the founding of the Tibet House, and his daughter Hollywood Actress, Uma Thurman

His keynote lecture includes a discussion of his latest book Inner Revolution: Life, Liberty, and the Pursuit of Real Happiness. Thurman, a true enthusiast of the Tibetan people was quoted on Literati.net as saying, "What I have learned from these people (Tibetans) has forever changed my life, and I believe their culture contains an inner science particularly relevant to the difficult time in which we live. My desire is to share some of the profound hope for our future that they have shared with me."

College Students Take Time to

Within the past decade, several studies have shown that the average child does not have the ability to read beyond a fourth-grade reading level, which is diminishing their chances for future success.

In 1997 former President Bill Clinton coined this lack of reading skills a "crucial issue," and came up with a strategy: The America Reads Challenge. He challenged colleges and universities to motivate students to get involved in the reading program, working as reading partners with children in a nationwide partnership.

The State of Vermont accepted the challenge immediately after it was introduced in 1997. It was implemented in most Vermont State Colleges and Universities. Castleton State College was one of the schools that enrolled.

The America Reads Challenge was not a huge success right off the bat at Castleton. Jan Rousse, head of America Reads at Castleton, as well as other community service programs, stated that only four students were active in the program when it first began. However, the numbers are rising. This semester thirty-four students signed up for the program, and eight veterans have returned.

"I have noticed a lot of interest has been increasing,since I got involved over a year ago. I have also noticed the percentage of non-work study students has changed," pointed out Rousse.

Castleton offers the America Reads Challenge as a work-study position, but more than fifty percent of the reading partners are strictly volunteers, and fifty percent are not education majors. Previous ly , the Regional Educational Laboratory Report had shown the vast majority of students involved were early-education majors. The program allows students to gain more experience in the classroom, leading groups and working one-on-one with children. Currently, students with a wide variety of majors are jumping on board.

The America Reads Challenge at Castleton has several representatives from the Communications, Psychology, Social Work, and several other departments.

Students involved are placed usually at the local school of their choice; they can usually choose the grade they wish to mentor as well. Some of Castleton's placement sites include: Castleton Elementary, Fair Haven Elementary, Benson Village School, and several area daycare centers. "With the increasing numbers of students participating each semester at Castleton, we are going to have to expand the program to more elementary schools," Rousse pointed out.

Since 1997, U.S. Mastery test scores have shown that one hour of one-on-one mentoring with a child per week makes a significant impact on most children's abilities to read. As college students, we need to provide the courage, and support to a generation that may not be properly learning the fundamentals of reading. Becoming a reading partner is both rewarding, and a good way to acquire leadership skills. It also exposes you to volunteer experience, something that our world is eager for and needs desperately.

Just remember: As stated in Becoming a Nation of Readers in 1985, "the single most important activity for building the knowledge required for eventual success in reading is reading aloud to a child." Becoming a Nation of Readers, 1985.

Political Science

Farmers in Vermont are struggling

By Marilynn Verna Christian
Staff Writer

Courtesy of Jan Rousse

Jonathan S. Higgins and his wife from Northfield displayed beautiful healing holistic style medicinal products made from the healing balm or oil of Emus, a tall bird similar to an Ostrich at the Tunbridge Fair. They claimed it was good for burns, rashes, arthritis, cholesterol and maintained easy preservation from 30 degrees below to 130 high temperatures without spoilage.

The birds reproduce quickly in one season; three to six pairs can multiply to 200 birds, each one nesting upon 25-35 eggs. They say the Emu is the only prehistoric critter left from the Stone Age.

One egg equals a dozen eggs and the incubation period lasts from 48 to 52 days. Emu meat can be cooked in garlic, onions, sea salt and olive oil. It is, organic, and tastes like a mix of tender chicken and young ox.

The Higgins travel out of state to New Hampshire or New York to pay a butcher, in order to qualify under the USDA mandate approval to sell their own product. This results in higher expenses and time loss. They comply or pay big penalties and lose their struggling business. The additional travel hurts small businesses. It causes many bankruptcies and aids in the rapid decline of statewide farming

A table full of leaflets entitled 'Cultivating Connections' encourages farms to stay in business, and helps educate younger adults to get involved. They also, promote the consumer to support worldwide farming and organic gardening stating that "Wales is home to 600 organic farms on 98,840 acres. Vermont has about 208 certified organic farms on 22,148 acres."

Are you happy with the

If not, POLITICS SHOULD BE YOUR BUSINESS

NOT REGISTERED TO VOTE?

If you wish to vote in the upcoming general election, unfortunately, you are not added to any town checklist, and/or you have a friend or a family member who is in the same situation.....mark your calendar.....there are two dates and two sites in which you can get registered, right here at Castleton State College.....convenience is at your front door.

VOTER REGISTRATION TABLES:

LEAVENWORTH HALL LOBBY: Wednesday, October 16th from 9:00 am - 4:00 p.m.

CAMPUS CENTER: Thursday, October 17th
@ FIRESIDE LOUNGE: 7:30 am - 10:30 am
@ C.C. INFORMAL LOUNGE: 10:30 am - 4:30 p.m.
LAST DAY TO ADD YOUR NAME TO YOUR TOWN'S CHECKLIST: Saturday, October 26th, until NOON, in order to vote in the general election.

DO YOU WANT TO VOTE IN YOUR HOMETOWN?

YOU CAN REQUEST AN ABSENTEE BALLOT AT THAT TIME, AND IF YOU HAVEN'T REGISTERED, YOU CAN DOTHAT AS WELL. TAKE A VISIT TO YOUR TOWN OFFICE.

The Economy is Plummeting

By Mandy Brennan
Staff Writer

The economy is down. People arereminded every time they drive past Ames, hear about IBM on the news, or even try to find enough quarters to do a load of laundry. Something is missing from our lives, and it is money.

How does this economic slump affect us? Many students go to college so they can earn more money. Students and faculty around campus have many thoughts. The most common answer had to do with last year's terrorist attacks on September 11. Some other common responses were a jumble of high-tech jobs being lost. The evolution of economy is simple it goes up, then it goes down, then it goes up again. Failure in the realm of redistribution of wealth may be a large contributor to this problem.

Again, How does this effect students? Schools are being hit hard by the economic slump. Some schools in states such as Louisiana, Oregon, Colorado, and New Mexico are cutting back the school week to four days to save on transportation, heating and substitute teaching costs. On the fifth day, students with disciplinary problems do landscaping and maintenance work because there isn't any money to pay individuals to perform these services.

Companies are going out of business at a rapid rate. Ames filed bankruptcy this summer, due to low sales and slower shipping. Ames chairman Joseph Ettore has said that the slow economy is making it increasingly difficult to operate in discount retail. If that is true, other business will most likely be holding liquidation sales soon.

So if all the companies are failing, where is a person supposed to work?

local, state and world events?

Speak out, and VOTE ON NOVEMBER 5th!

Did you know if you are unable to go to the polls and vote on November 5th you can vote by Absentee Ballot?

REQUEST FOR ABSENTEE BALLOT: (State of Vermont General Election Regulations)

1) If NOT on the checklist:
October 26th, until noon at the Town Office.
Last day for town clerks to receive a request for an application for addition to the checklist accompanying an early or Absentee ballot request.

2) If on the checklist:
November 4th, until 5:00 p.m., at the Town Office.
Voters, family members, authorized persons or health care providers may request early or absentee ballots.

For more information on the upcoming general elections: www.sec.state.vt.us

For information at Castleton, you may contact:
Cindy Kilic, Student - Cynthia.Kilic@castleton.edu
Jan Rousse, Community Service Program @ The Center in Moriarty House, Extension 1371 or jan.rousse@castleton.edu

IN THE NEAR FUTURE, LOOK FOR THE INFORMATIONAL TABLES,
they will be set-up in Leavenworth Hall and the CampusCenter. There will be information on local, state and world issues, as well as elections and candidate information...and, theHonor A Veterans program.

Coming near you, two FREE events...
(1) Thursday, October 3rd, 7:00 p.m. in the Fine Arts Center, STATE-WIDE CANDIDATES FORUM
(2) Sunday, October 20th, 8:00 p.m. at the Paramount Theater in Rutland, GOVERNOR'S FORUM
(Free, but you need to contact the Rutland Herald for tickets)

JSC alum recycles in the dorms

By Isaac Olson
Contributing Writer
Johnson State College

An experimental recycling program for Johnson State College's dorms is underway and according to the program coordinator, JSC alum Anthony Risatano, it is blooming into a success.

Risatano is manning the project on his own in hopes of creating a cost effective and efficient recycling program to install a permanent solution to the mounds of trash produced by the six dorms. By working alone within a strict amount of hours per week, Risatano said he is saving funds.

"There is no guarantee that this will continue into next year," Risatano said. He pointed out that the program is experimental however, he has definite hopes to create an effective and permanent program.

People have volunteered to help Risatano, but he said he turned them down to show to the administration that one determined person in a part-time position could handle the task. However, Risatano admitted he hasn't worked completely alone; maintenance and housing have chipped in as well. "Everyone has been extremely cooperative," Risatano said.

Risatano estimates that he can recycle up to four tons of paper and over 11,000 aluminum cans and glass bottles in a year. "Hopefully, we'll reduce the JSC waste strain, thereby saving money and environmental resources," he said.

Risatano, using money collected in bottle returns, bought new bins for the dorms. He bought forty bins from Lamoille Regional Waste Management Department for $50. The department then donated ten more. The new bins are going to coincide with the paper bins already in place, collecting bottles and other recyclables.

Risatano has hopes of reinstating last year's composting program. Working closely with ARAMARK, Risatano estimates the possibility of converting an annual amount of nearly nine tons into fertile soil. "It would basically be taking all the pre-consumer waste, which is things like vegetable cuttings and egg shells, and composting them at the school's composting lab by the rugby field," he said, pointing out that the soil could be used in the campus's flowerbeds and JSC's farm.

"Everything is going as planned," Risatano said, adding that he applauds the way students have respected the bins and gone as far as to rinse out bottles. "It makes it easier for me when people cooperate like that."

However, Risatano noted that only paper should be thrown in the paper bins and students should not put wet or damp paper into the bins because it will grow mold and could eventually, when combined with loads at the recycling plant, contaminate entire shipments. "No pizza boxes," he said. "Chicken bones and egg yokes are not recyclable and no cigarette butts or chew in the bottles."

Please take pride in your environment.

Cindy Kilic

This garbage was discovered in the commuter parking lot behind the campus center on Saturday September 14, 2002 at 10:30 a.m. Two concerned citizens on this campus picked it up.

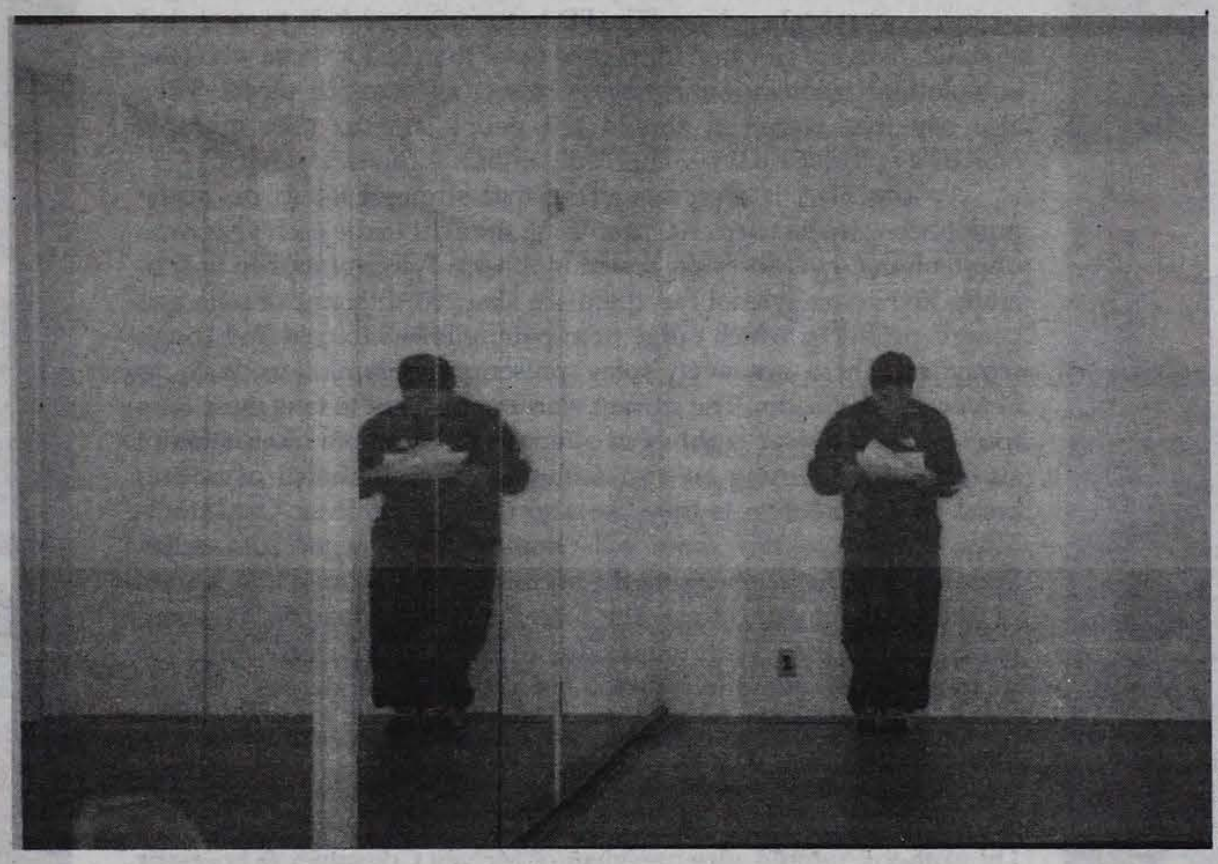
This is unacceptable and is punishable by law.

The Beauty Queen of Leenane

By Dorothy Dahm
Staff Writer

Between September 19 and September 22, 2002, Castleton's Theatre Arts Department performed Martin McDonough's The Beauty Queen of Leenane. Although the Irish play may never become standard St. Patrick's Day fare, it seamlessly blends comedy and tragedy, suggesting an integral relationship between the two forms.

Set in contemporary rural Ireland, the play explores the relationship between Maureen Folan, a single forty-year-old, and Mag, her domineering mother. Maureen, desperate for love and freedom, tries to pursue love with their neighbor Pato Dooley.



TJ Hooker

However, Mag has no intention of losing her constant companion and attendant, and she takes steps to prevent the relationship from blossoming.

Initially, The Beauty Queen of Leenane seemed comic. The actors' Irish accents, the controlling mother, the desperate middle-aged virgin. However, despite the play's comic potential, Maureen's frustration soon exploded into unanticipated psychological and physical violence. The play's unpredictability appealed to director Harry McEnerny.He wanted the audience to experience the same surprise he felt when he read the play for the first time. According to McEnerny, the play's violent climax was the most difficult scene to direct. McEnerny says he struggles with violent scenes because he tries to put himself in the perpetrator's place to discover what led the character to commit that act.

McEnerny chose the play partly because its roles were so challenging. Three of the cast's four actors played characters substantially older than them. Courtney Buda and Korrie Strodel played Maureen and Mag. Kevin Osborne and Josh Souza played Pato Dooley and his younger brother Ray. Buda conveyed Maureen's co-existent vulnerability and rage, while Strodel captured both Mag's apparent passivity and her selfish cunning. Osborne captures Pato Dooley's compassion and sincerity. Souza's portrayal of the youthful, spirited Ray lightened the production although McEnerny points out that Ray's naiveté has drastic consequences for all the characters except him.

The play's scenery and costumes contributed to the play's claustrophobic quality. All the action takes place in the Folans' living room; the audience sensed that Maureen could never really leave this room, its hold on her was too great. Mag and Maureen wore the frumpy shirts and blouses of an earlier era, further isolating themselves from the rest of the world. Only Ray's striped t-shirts and Maureen's black party dress suggested that the rest of the world moved forward, leaving the Folans behind.

McEnerny enjoyed directing The Beauty Queen of Leenane. Despite the complexity of the play's characters, McEnerny said he welcomed the challenge of discovering their motivations, "the truth behind the character." He said analyzing characters is always one of his favorite aspects of directing. McEnerny also enjoys working with students. He praised the energy of the cast, crew, and designers who made the production successful.

The Beauty Queen of Leenane is not a pleasant play; most audiences will not need to see it more than once. However, it is a powerful production that both amuses and disturbs audiences, reminding them of theater's unsettling power.

A Need for Stronger Labels on Pain Medication

By Lindsay Hale
News Editor

The FDA announced that stronger warning labels must be used on medications containing acetaminophen, commonly known as Tylenol, aspirin and ibuprofen. All these familiar medicines have serious potential side effects if not taken correctly. Acetaminophen can cause serious liver damage, even liver failure. Aspirin and ibuprofen can cause stomach bleeding.

Tens of millions of Americans use aspirin and other NSAID's (nonsteroidal anti-inflammatory Drugs) to relieve aches and pains and reduce fevers. Some take aspirin daily to prevent heart attacks. Severe problems are rare when these drugs are taken as directed by the label. The concern is about patients that take NSAID's for longer periods and at higher doses. The FDA is requiring labels to state that stomach risks are elevated for people older than 65,for those who take anti-clotting medicines and have a history of stomach ulcers. They also say that warnings should tell people not to take multiple NSAID's at the same time. This could enhance chances of harm.

The FDA is also requesting that stronger labels on acetaminophens also be used. 100 people are thought to die each year from unintentional overdoses on acetaminophens. Acetaminophen is generally known as Tylenol but there are also 200 different brands and generic products, which range from pain relievers to cold and cough remedies. There are even some prescription painkillers such as Percocet and Vicodin. The current warning says not to take more than four grams a day or eight extra strength pills. People often attempt suicide by overdosing on acetaminophen. Unintentional overdoses are a severe problem is they can also destroy the liver. Consumers often swallow a few more pills hoping for a faster pain relief. Scientists say that even taking the maximum dosage for a long period of time could be dangerous. The FDA found more than 56,000 emergency room visits a year that are due to acetaminophen overdoses. A quarter of them are unintentional and about 100 are deaths. This is a severe underestimate because most hospitals don't report unintentional poisonings.

Acetaminophen is the leading single cause of acute liver failure. Acetaminophen is safe but "people misuse these products," said Dr. Anthony Temple, vice president of McNeil Consumer & Specialty Pharmaceuticals (Tylenol's maker). Some babies die every year because mothers mix infant acetaminophen and children's Tylenol, which are not interchangeable products. The FDA would add ages of children under the age of two to the label for proper doses. Other changes to be made on the acetaminophen labels is to state in bold letters on the front of the package that this product contains acetaminophen. Also, a warning on the front in bold letters " taking more than the recommended dose may cause liver damage."
Packages will also warn not to use if you consume more than three alcoholic drinks per day, because the combination could harm the liver.

Reading the product label is the most important thing you can do when taking over-the-counter drugs. The label will always contain important usage and safety information. The new label will contain all active ingredients in the drug, what the uses are, any needed warnings (side effects, possible interactions ect.), Inactive ingredients, purpose, directions and other information. This will appear on every label in this exact order. These new requirements do not apply to dietary supplements.

Jen Arthur

Smoker's Corner

By Crystal Johnson
Staff Writer

As stated in the College Handbook, smoking is prohibited within 15 feet from the entrances to buildings. While this rule receives criticism from smokers, especially on rainy days, non-smokers appreciate compliance with it, so that they can avoid the smell of smoke wafting into their rooms throughout the day. This rule, however, is very often ignored.

Third floor Ellis C.A.'s Shawna and Amelia think that this rule is not all that fair. They believe that smokers are paying to attend this college as much as non-smokers and that asking them to be a certain distance away from the building is not all that right. They also believe, on the other hand, that it is wrong for the non-smokers to have to deal with smoke entering their rooms. They also do not think there is much they can do to prevent this rule from being violated.

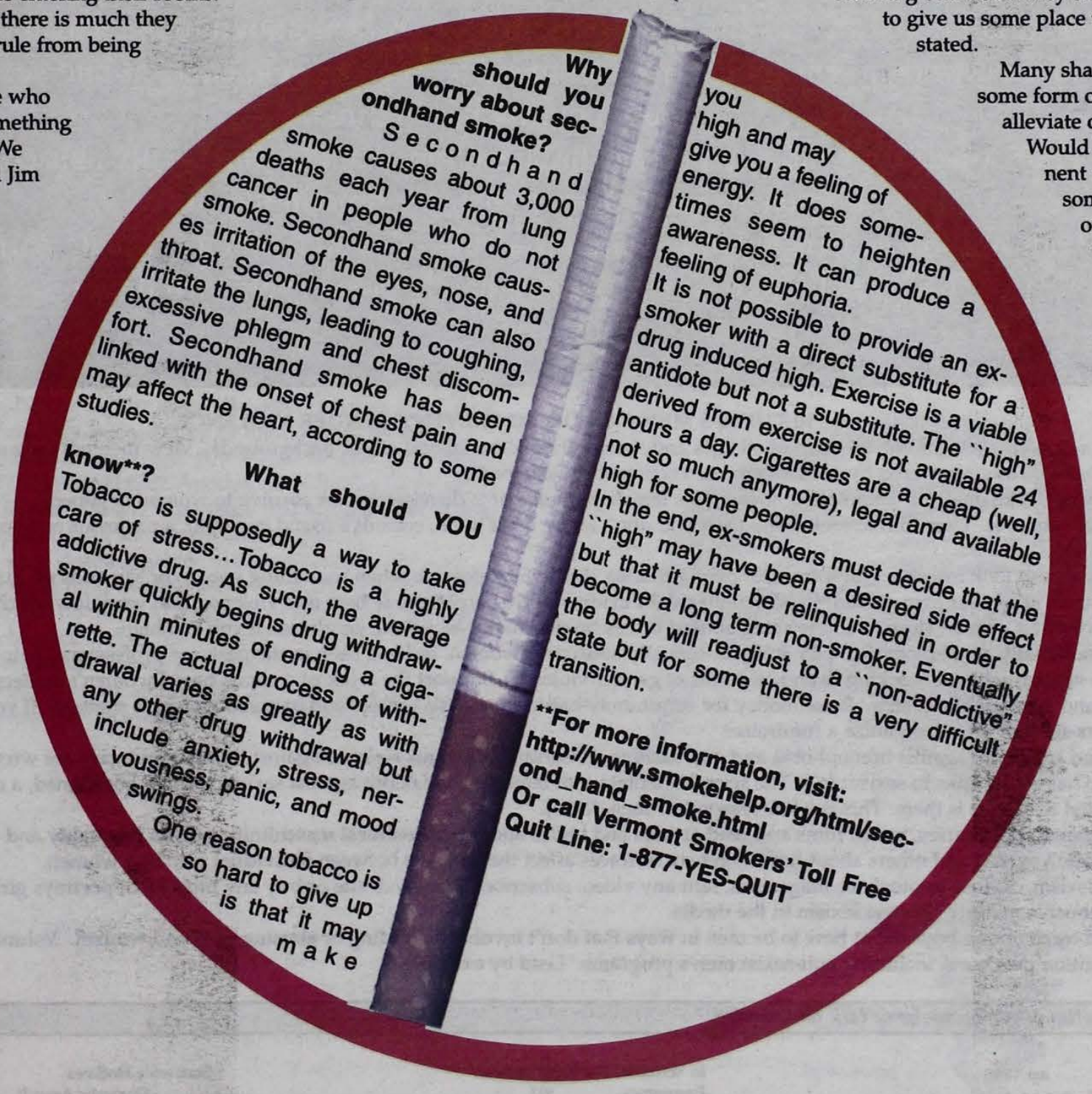
There are some who believe that there is something they can do about it. "We should enforce it," said Jim Fuller. "I would like to see areas marked as designated smoking areas. What we will probably do is tell people-by email and verbal warnings-to make sure they are 15 feet or more from the buildings and then start treating them as code of conduct violations on a certain date."

With all the other problems that are present on campus, who is to say that anyone will even take care of this rule that has slipped between authority's fingers and fallen into the cracks? Many non-smokers on campus think it is indeed an important issue.

Cigarette butts litter the ground, making the campus look less and less beautiful every day. Some students must rush through a cloud of smoke on their way to class. These are things a non-smoker would point out to you. However, a smoker would tell you the opposite. "It's a violation of our rights," one male student said, referring to the smoking distance rule.

One girl brought up the fact that on rainy or snowy days, there is no place to take cover if they cannot stand in the doorway. "If it's raining or cold then you're not going to feel like standing out there. They should set up tents to give us some place to take shelter," he stated.

Many share the belief that some form of cover would alleviate our problem. Would that be a permanent solution? That is something time can only tell. While the issue is being sorted out, as one student said, "Don't treat this issue as an 'us against them' type of thing. It really is just a difference in opinion."


Why should you worry about secondhand smoke?
Secondhand smoke causes about 3,000 deaths each year from lung cancer in people who do not smoke. Secondhand smoke causes irritation of the eyes, nose, and throat. Secondhand smoke can also irritate the lungs, leading to coughing, excessive phlegm and chest discomfort. Secondhand smoke has been linked with the onset of chest pain and may affect the heart, according to some studies.
What should YOU know**?
Tobacco is supposedly a way to take care of stress...Tobacco is a highly addictive drug. As such, the average smoker quickly begins drug withdrawal within minutes of ending a cigarette. The actual process of withdrawal varies as greatly as with any other drug withdrawal but include anxiety, stress, nervousness, panic, and mood swings.
One reason tobacco is so hard to give up is that it may
you high and may give you a feeling of energy. It does sometimes seem to heighten awareness. It can produce a feeling of euphoria.
It is not possible to provide an ex-smoker with a direct substitute for a drug induced high. Exercise is a viable antidote but not a substitute. The ``high" derived from exercise is not available 24 hours a day. Cigarettes are a cheap (well, not so much anymore), legal and available high for some people.
In the end, ex-smokers must decide that the ``high" may have been a desired side effect but that it must be relinquished in order to become a long term non-smoker. Eventually the body will readjust to a ``non-addictive" state but for some there is a very difficult transition.
**For more information, visit:
http://www.smokehelp.org/html/second_hand_smoke.html
Or call Vermont Smokers' Toll Free Quit Line: 1-877-YES-QUIT

What Is Gender Violence?

courtesy of Shannon Lawcoci

(Written by Jackson Katz. www.jacksonkatz.com)

Gender Violence is the most frequent type of violence committed against women. Gender violence sometimes called domestic violence is defined as abuse that is committed by a current or past spouse, boyfriend or girlfriend. The types of abuse include actual or threatened physical harm, sexual assault, emotional abuse and/or verbal abuse. These crimes occur in both heterosexual and same-sex relationships. Gender violence can have an extremely negative effect not just on the victim, but on other family members as well, particularly children.

Gender violence is not confined to any one socioeconomic, racial/ethnic, religious or age group. It is the leading cause of injury to women in the United Sates, where they are more likely to be assaulted, injured, raped or killed by a male partner than by any other type of assailant. Accurate Information on the extent of gender violence is difficult to obtain because of extensive underreporting."
(Definition was obtained from the National Women's Health Information center. http://www.4women.gov/

* Every 15 seconds a battering occurs.
* Every day four women die as a result of gender violence in this country.
* 92% of all domestic violence incidents, crimes are committed by men against women.
* Around the world, at least one in four women has been beaten, coerced into sex or otherwise abused during her lifetime.
* One in Four American women report having been raped and/or physically abused by a current or former intimate partner at some time in their life.
* About Four million American women are physically abused by their intimate partners each year.
* Somewhere in America, a woman is raped every two minutes.

This information was brought to you by The Women's Issues Group

10 THINGS MEN CAN DO TO PREVENT GENDER VIOLENCE

1. Approach it as a Men's issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but also as empowered bystanders who can confront abusive peers.
2. If a brother, friend, classmate or teammate is abusing his female partner - or is disrespectful or abusive to women in general, — don't look the other way. Try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor or a counselor. DON'T REMAIN SILENT!
3. Have the courage to look inward. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.
4. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
5. If you are emotionally, psychologically, physically or sexually abusive to women, or have been in the past, see professional help now.
6. Be an ally to women who are working to end all forms of gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team, fraternity or others student group, organize a fundraiser.
7. Recognize and speak out against homophobia and gay-bashing. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to sexism (e.g. The sexual orientation of men who speak out against sexism is often questioned, a conscious or unconscious strategy intended to silence is them. This is a key reason few men do so).
8. Attend programs; take courses, watch films and read articles and books about multicultural masculinity, gender inequality and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.
9. Don't fund sexism. Refuse to purchase magazines, rent any video, subscribe to any web site or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.

If you are a victim of gender violence talk to someone.

On Campus:
Public Safety ext.1346
The Wellness Center ext. 1346
Deb Choma 1313
Mj Raleigh 1314

In Vermont/The Rutland Area:
Emergency 911
The Rutland County Network and Shelter 775-3232

Statewide Hotlines
Domestic Assault (800) 228-7395
Sexual Assault (800) 489-7273

Not Tonight, I've Got a Headache!

By Allyson Stoodley
Staff Writer

I am quite sure at this point in our lives we have all used this cliche. Why is it that so often, when you really want to do something a headache forces you to decline? Why do you have this headache and what can you do about it?

About 68% of men and 88% of women reported having had a tension headache in the course of their lives. A tension headache is one of the most common types of headache. Symptoms of a tension headache are a persistent, draining pain on both sides of the head that can seem to last forever, or more literally, hours, days or even months. This pain can be mild to moderate and feel like muscle strain, tightness or a force around the head and neck.

This headache is most frequently caused or induced by lack of sleep, muscle strain, anxiety, depression, stress, food (allergies known or unknown), menstruation and medications.

Another common type of headache is classified as a vascular headache. These types of headaches are related to how the blood vessels in the brain are operating. A migraine is a vascular headache.

The symptoms of a migraine include disabling pain on one side of the head or the other with more of the following: nausea, sensitivity to light and to noise, dizziness, lightheadedness and some may have had had a weird visual stimulation, referred to as an aura, beforehand. One may suffer other symptoms such as numbness, weakness, blank spots in vision and more.

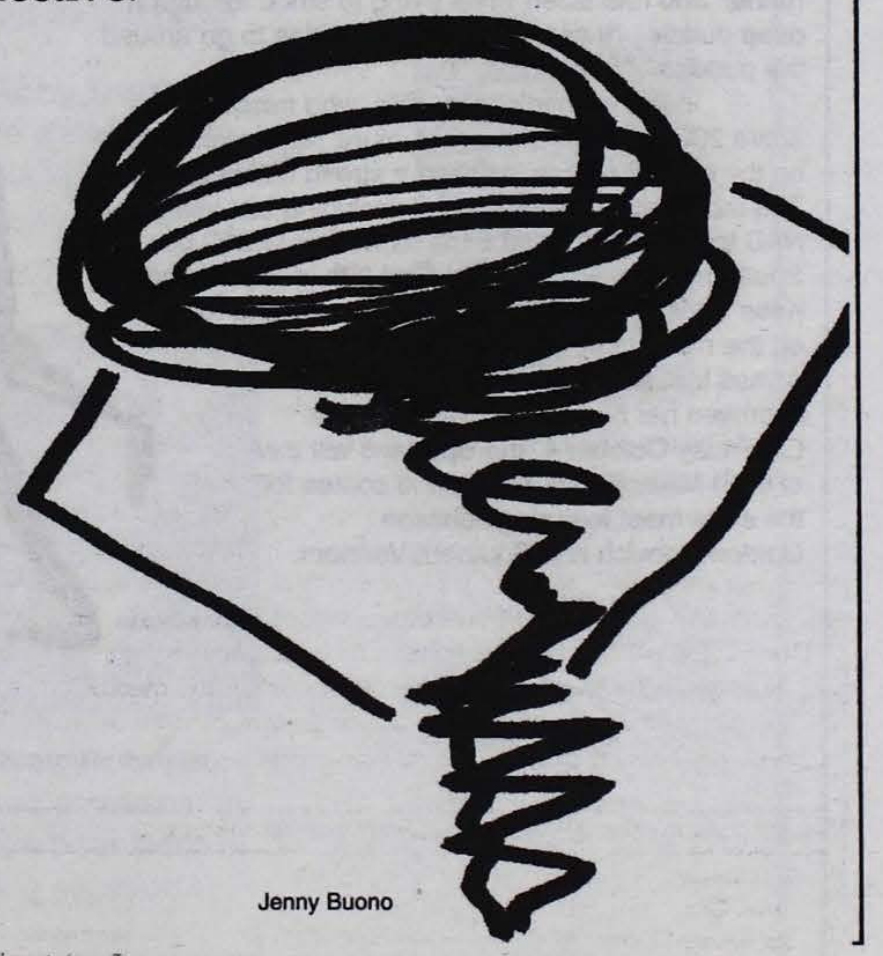
This type of headache is related to or caused by diet (or lack of), alcohol, stress, lack of regular sleep schedule, the glare of a TV or computer screen, very intense noise or light or changes in the environment. Here is one trigger you will all be glad something is related to - THE WEATHER! Another contributing factor of developing a migraine is any experience that brings about strong emotional response, both short-term and long-term.

If correcting your sleeping habits, reducing your anxiety and stress, adding some mild exercise into your daily routine and eating a balanced diet do not help relieve your headaches, try applying a hot or cold pack on the affected area in a soft-lit, quiet room.

Though a lot of headaches are common and not signals of impending danger, it is recommended that you not take pain-relievers for more than a couple of days before seeking medical attention.

Headache Facts that give me a Headache!

* 1 out of 7 Americans alter daily activity due to a headache
* 90% of all men and women have a headache every year
* The United States health care system pays over $50 billion dollars due to the 10 million people seeking headache treatment per year
* Reoccurring, chronic headaches affect over 40 billion people
* 4 billion dollars is spent on over-the-counter medications for headache relief, which really may not prove affective.



Jenny Buono

Not Tonight, I've Got a Headache!

By Allyson Stoodley
Staff Writer

I am quite sure at this point in our lives we have all used this cliche. Why is it that so often, when you really want to do something a headache forces you to decline? Why do you have this headache and what can you do about it?

About 68% of men and 88% of women reported having had a tension headache in the course of their lives. A tension headache is one of the most common types of headache. Symptoms of a tension headache are a persistent, draining pain on both sides of the head that can seem to last forever, or more literally, hours, days or even months. This pain can be mild to moderate and feel like muscle strain, tightness or a force around the head and neck.

This headache is most frequently caused or induced by lack of sleep, muscle strain, anxiety, depression, stress, food (allergies known or unknown), menstruation and medications.

Another common type of headache is classified as a vascular headache. These types of headaches are related to how the blood vessels in the brain are operating. A migraine is a vascular headache.

The symptoms of a migraine include disabling pain on one side of the head or the other with more of the following: nausea, sensitivity to light and to noise, dizziness, lightheadedness and some may have had had a weird visual stimulation, referred to as an aura, beforehand. One may suffer other symptoms such as numbness, weakness, blank spots in vision and more.

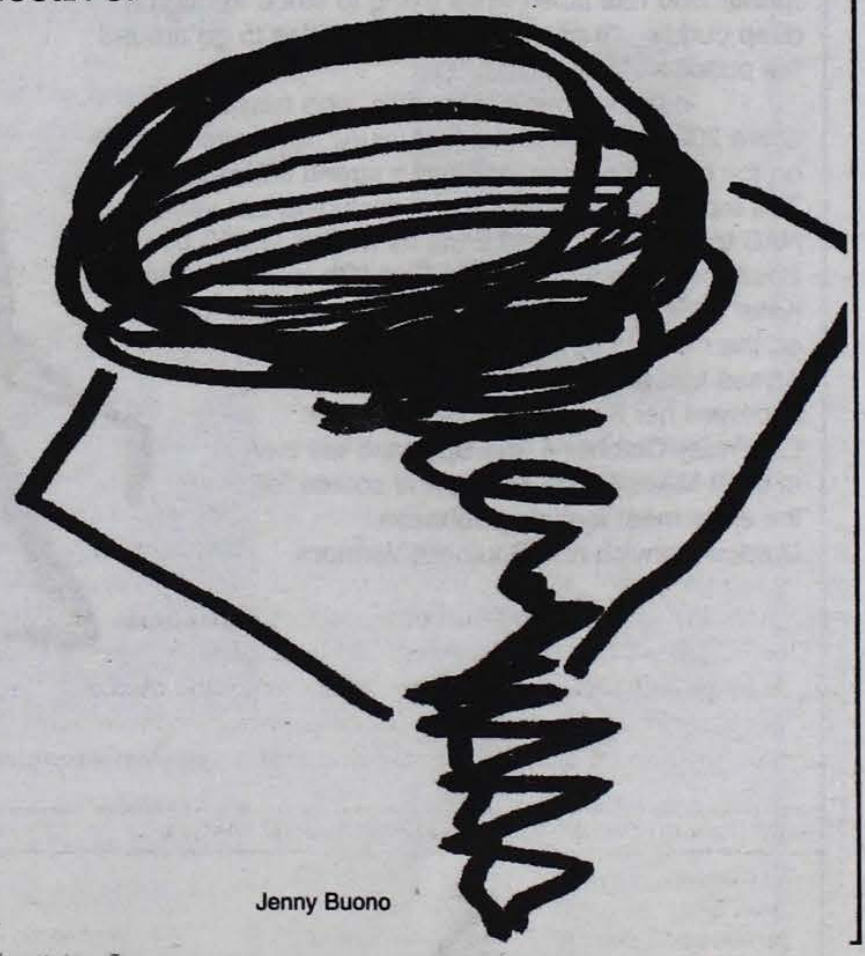
This type of headache is related to or caused by diet (or lack of), alcohol, stress, lack of regular sleep schedule, the glare of a TV or computer screen, very intense noise or light or changes in the environment. Here is one trigger you will all be glad something is related to - THE WEATHER! Another contributing factor of developing a migraine is any experience that brings about strong emotional response, both short-term and long-term.

If correcting your sleeping habits, reducing your anxiety and stress, adding some mild exercise into your daily routine and eating a balanced diet do not help relieve your headaches, try applying a hot or cold pack on the affected area in a soft-lit, quiet room.

Though a lot of headaches are common and not signals of impending danger, it is recommended that you not take pain-relievers for more than a couple of days before seeking medical attention.

Headache Facts that give me a Headache!

* 1 out of 7 Americans alter daily activity due to a headache
* 90% of all men and women have a headache every year
* The United States health care system pays over $50 billion dollars due to the 10 million people seeking headache treatment per year
* Reoccurring, chronic headaches affect over 40 billion people
* 4 billion dollars is spent on over-the-counter medications for headache relief, which really may not prove affective.



Jenny Buono

By Mareisa Weil

SPORTS REPORTS

Castleton's Cross Country Team Finishes in Second Place

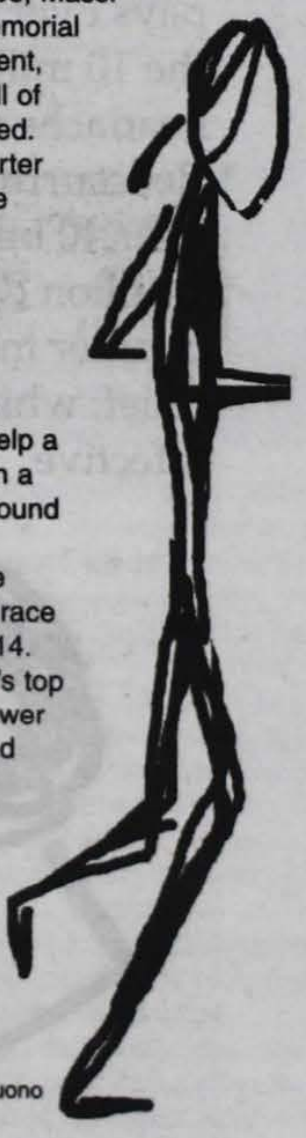
By John Klein
Contributing Writer

In what may have been a preview of the 2002 North Atlantic Conference (NAC) Championships (to be held November 2nd) Cindy Kilic and Keenan White led Castleton to a pair of second place finishes in the Elms College Blazer Cross Country Invitational in soggy Chicopee, Mass.

The Castleton men's team arrived at Chicopee Memorial Park expecting to compete in a 10K (6.2 miles) event, but because the other seven teams had entered all of their runners in the 5K, the 10K event was cancelled. The Spartan men, who had not trained for the shorter distance, found themselves in a speed race. White showed that he was up to the test, passing two Western New England College runners in the last hundred meters for second place in 17:47. Tom Michaud of meet winner WNEC won in a time of 17:40. For the Spartans, freshmen Kyle Moore (5th in 18:35) and Kyle Vinton (13th in 18:48) also ran strong races for Castleton; Moore paused to help a runner who had fallen while trying to stride through a deep puddle. "It seemed like a good idea to go around the puddles", Vinton said.

In the women's race, Kilic, who missed the entire 2001 season with a foot injury, ran a strong race on the muddy course, finished a strong fifth in 24:14. The race featured seven teams including last year's top NAC teams, Mt Ida and Elms as well as GNAC power Southern Vermont. Michelle Bird (6th in 24:47) and Katie Taylor (8th in 25:03) were close behind Kilic on the muddy course. Former soccer player Alyssa Mease, in only her third race, improved her 5k time by over a minute.

On Friday October 4, the Spartans will travel to St Mikes/Essex Fairground course for the state meet featuring Johnson, Lyndon,Norwich and Southern Vermont.



Jenny Buono

Know any good sports stories?

Tell them.

call ext. 6067,

email: cairn@casttleton.edu

stop by the Cairn office (downstaris Leavenworth)

or

Come to the Library gallery 12:30p.m. Thursdays

How do you feel about the US going to war with Iraq?

campus Chat

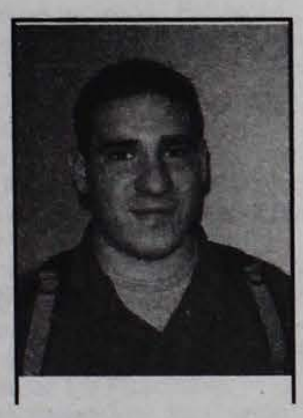
Photos and comments by Jen Arthur

Gary Fitzgerald
"Worried that if Sadam Hussein knows that he is finished, what will he do with his resources? If he gets his resources of violence, he'll do anything."

Nicole Suits
"I'm impartial-in some ways its good, in some ways its bad."

Ryan Steves
I don't think they should. The US should stay in teir own country and deal with their own problems here."

Tarah Thomas
"I think we should. I think we need to put an end to whatis going on a nd I don't think there is any other wa around it."



Jonathan Lewis
"I'm against it because I feel that the government and the Preseident are doing it for their own agenda, not for the best interest of their country."

Jason Bergeron
"Could care less as long as I have pezz in my pezz dispenser."

Abby Trottier
"We shouldn't, we should focus our energies at home."

Bonnie Williams
"I would feel supportive because the President is fulfilling his commitment to take action on those countries that harbor terrorists."

Kevin Therrien
"I'd feel good becaruse I'd feel like our country is trying to protect us from terrorists and Sadam Insane."

Ryan Roberts
"Mixed emotions, try to see both sides of the situation."

Events

Tuesday, October 16, 2002
Will Bernard and Otherbug @ Club Metronome in Burlington, VT; 10pm; 21+; Opener the Chakrabarti Orchestra feat. The Perfect Sandwich @ Nectar's in Burlington, VT; 9pm; 21+
Concentric @ The Waiting Room in Burlington, VT; 10:30pm-1: 30am; 21+
The Samples @ Higher Ground in Winooski, VT; doors open at 7pm; 18+; $15;
CD release party

Wednesday, October 17, 2002
Runna Muck @ Monopole in Plattsburgh, NY; 10:30pm; 21+
Leon Tubbs @ Nectar's in Burlington, VT; 9:30pm; 21+
STAN @ Radio Bean in Burlington, VT; 9pm; "schizophrenic rock"
RAQ @ UVM; 8pm; all ages; Billings North Lounge
Smokestack @ Valencia in Burlington, VT; doors at 10pm
Soulive @ Higher Ground in Winooski, VT; 18+

Thursday, October 18, 2002
Nikulydin @ Bull & Bier Haus in Plymouth, NH; 10pm; "trance marathon"
Doctor Jones @ 7 Barrel Brewery in W. Lebanon, NH; 10pm; 21+; no cover
OM Trio @ St. Lawrence University in Canton, NY
RAQ @ Monopole in Plattsburgh, NY; 10pm
Brothers Past @ UVM's Slade Hall; 10pm; all ages
Soulive @ Higher Ground in Winooski, VT; 18+
The Ripple Effect feat. Rane @ Skidmore College in Saratoga Springs, NY; 9pm;
All ages; free

Friday, October 19, 2002
Liquid Dead @ Bull & Bier Haus in Plymouth, NH; 9pm; 21+; $5 cover
Townhall @ Java Barn in Canton, NY; 9:30pm; 18+; free
A440 @ Monopole in Plattsburgh, NY; 10pm; 21+; $5 cover
Named by Strangers @ Nectar's in Burlington, VT; 10pm; 21+
Rane feat. Rezi @ Valencia in Burlington, VT; 10pm; 21+
Doctor Jones @ the Pickle Barrel in Killington, VT; 9:30pm; 21+
Reid Genauer & The Assembly of Dust @ Higher Ground in Winooski, VT; 18+
Our Lady Peace @ Memorial Auditorium in Burlington, VT; 8pm; tics $28.25 in advance, $31.44 day of the show
VSO @ Flynn Theater in Burlington, VT; 8pm; tics $10-$40

Saturday, October 20, 2002
A440 @ Nectar's in Burlington, VT; 9:30pm; 21+

Sunday, October 21, 2002
STAN @ Nectar's in Burlington, VT; 9:30pm
Named by Strangers @ The Matterhorn in Stowe, VT; 10pm; 21+; "come early for
Sushi!"
Kim Richey @ Higher Ground in Winooski, VT; doors at 7pm; 18+; $12

Monday, October 22, 2002
RAQ @ Club Metronome in Burlington, VT
Trey Anastasio @ Memorial Auditorium in Burlington, VT
Michael Franti and Spearhead feat. Tre' Hardson of Pharcyde @ Higher Ground in
Winooski, VT; doors at 8pm; 18+; $20

Tuesday, October 23, 2002
Michael Franti and Spearhead @ Dartmouth College in Hanover, NH
Rahzel feat. DJ JS-1 @ Higher Ground in Winooski, VT; doors 8pm; 18+; $20
"Sylvia" @ Flynn Theater in Burlington, VT; VT Stage Co. production thru Oct. 27th
Tics $9-$25

Wednesday, October 24, 2002
Five Day 40 @ Valencia in Burlington, VT; 9:30pm
Liquid Dead @ Lion's Den Pub in Jeffersonville, VT; 9pm; 21+
Jerry Joseph and the Jackmormons @ Higher Ground in Winooski, VT
"Legends of Hip-Hop" @ Flynn Theater; 7:30pm; tics $25-$29
Nelly & the St. Lunatics @ Pepsi Arena in Albany, NY; 7:30pm; tics $40.75-$45.75
Soulive @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; $18.50

Friday, October 26, 2002
Medeski, Martin & Wood @ Bardavon 1869 Opera House in Poughkeepsie, NY; doors
Open at 7pm, show at 8pm; tics $27.50
The Figgs, The Damn Personals, The Sharks, and the Good North all @ Pearl Street
Nightclub in Northampton, Mass; 8:30pm; $8
Yonder Mountain String Band @ Higher Ground in Winooski, VT

Saturday, October 27, 2002
God Loves Ugly 2002 Tour feat. Atmosphere and more @ Pearl Street Nightclub in
Northampton, Mass; 8:30pm; $14.50

Monday, October 29, 2002
Rev. Horton Heat @ Higher Ground in Winooski, VT; doors open at 8pm; 18+; $10-$15

Tuesday, October 30, 2002
Atmosphere feat. Slug, Mr. Dibbs, Blueprint, and more @ Higher Ground in Winooski,
VT; doors open at 8pm; 18 +; $10-$12
Just For Laughs Comedy Tour @ Flynn Theater in Burlington, VT; 7:30pm; $28.75
moe. feat. Particle @ RPI Fieldhouse in Troy, NY; 7pm; $17

Wednesday, October 31, 2002
HALLOWEEN!
The Disco Biscuits feat. RANA @ UVM's Patrick Gymnasium in Burlington, VT; 8pm
$20 for non-students
Liquid Dead @ Brewski in Jeffersonville, VT; 9pm; $5 cover
Jazz Mandolin Project @ Johnson State/Dibden Center for Performing Arts in Johnson,
VT
Del Tha Funky Homosapien under the Stairs and more @ Higher Ground in Winooski,
VT; doors open at 8pm; 18+; $20-$22
The Moldy Peaches @ Pearl Street Nightclub in Northampton, Mass; 10pm; $12.50

Events

Special Events and Presentations:

October 17, Thursday
rbayan Chatterjee, sitar
hijit Banerjee, tabla
nter for the Arts, Concert hall, 7:30
n.
rth Indian classical music casts a
neficent spell over its listeners,
picting many moods, expressing
lf in melodies and rhythms, now
guid and peaceful, next driving and
werful. Sponsored by Brainerd
mmons. Free

October 17, Thursday
Annual First Year Students'
oduction
pburn Zoo, 8:00 p.m.
ected by Annmarie Benedict. Also
Friday and 8:00, and Saturday at
0 and 8:00 p.m. Tickets $1; on
e October 5.

October 18, Friday
h Yu Chinese Opera Association
Cullough Social Space, 7:00 p.m.
evening of traditional Peking
era. This 25-member troupe from
w York City will perform excerpts
m three traditional Peking Opera
ces. Peking Opera is a lavish
ectacle incorporating voice, music,
nce, pantomime and acrobatics fea-
ing elaborate costuming and make-
. Sub-titles provided. For more
ormation, please contact Anna Sun
802-443-5520. Free

Octorber 19, Saturday
nder the Sand
ana Auditorium, 3:00 and 8:00 p.m.
arie, an English professor at a Paris
iversity, vacations with Jean, her
sband of 25 years, when he goes
vimming and vanishes without a
ce. Francois Ozon directs an
quisite study of a grieving woman.
onsored by the Hirschfield
lm/Video Series. [96 min., 2000,
ance] Free

October 19, Saturday
n Evening with Su Lian Tan, Mark
hristensen, Keith Watts '01, and
yrus Chestnut
enter for the Arts, Concert hall, 9:00
m.
ome see what happens when we
ing together an classical flautist,
nd experimental guitarist, a hip-hop
rummer, and one of the finest jazz
anists around and let music burst
rth. This homecoming celebration
oncert offers a fusion of improvisato-
styles and musical synesthesia.
ponsored by the Department of
lusic, Brainerd Commons, Atwater
ommons, and the Office for
stitutional Diversity. Free

October 22, Tuesday (through November 3)
Pinhole Photography Show
Johnson Memorial Building, Central Atrium Space
The unexpected and accidental combine to create surprising results in these black-and-white photographs created by AR 227 studio art students using hand-built cameras and traditional developing techniques. Free

October 22, Tuesday
Still Looking
Warner Hemicycle, 7:30 p.m.
Film by movement therapist, author, and filmmaker Janet Adler. Still Looking focuses on Authentic Movement, a practice concerned with the relationship between moving and witnessing. Free

October 23, Wednesday
Lecture by Janet Adler
Center for the Arts, Dance Theatre, 12:30 p.m. Noted movement therapist, author, and filmmaker Janet Adler will read from her new book Offering from the Conscious Body: The Discipline of Authentic Movement and reflect on the many ways that dance, healing, and mysticism have guided the evolution of her perception. Free

October 29, Tuesday
Behind the Scenes Lunch and Discussion: Anna Karenina
Center for the Arts, Seeler Studio Theatre, 12:30 p.m.
Director Cheryl Faraone introduces the play and leads a discussion about the production. Members of the design staff and cast share insights on their work. Lunch is provided. Free

October 31, Thursday
Brakhage and Modernism
Sunderland 110, 4:30 p.m.
Lecture by P. Adams Sitney, professor of visual studies in the Council on the Humanities, Princeton University. Cosponsored by the Film and Media Culture Program, the Fletcher Professorship Fund, and Atwater Commons. Free

November 2, Saturday
Alumni Symposium: Careers in the Visual Arts
Christian A. Johnson Memorial Building, Room 304, 9:30 a.m.-1:00 p.m.
Cosponsored by the Department of the History of Art and Architecture and the Middlebury College Museum of Art. Reservations required; please call 802-443-5234.

November 2, Saturday
Hedwig and the Angry Inch
Dana Auditorium, 3:00 and 8:00 p.m.
Transsexual Hedwig tours with her band The Angry Inch (named for her botched sex-change operation), crossing paths with rock star Tommy, who once loved Hedwig but them left with all her songs. Sponsored by the Hirschfield Film/Video Series. [95 min., 2001, U.S.] Free

November 5, Tuesday (through November 13)
Landscape Paintings
Johnson Memorial Building, Central Atrium Space
Student paintings from Basic Oil Painting AR 309 reflect six weeks of working outdoors, painting directly from nature in the manner of the impressionists. The works show how students have viewed the natural environment of the Middlebury campus during the height of the autumn foliage's splendor. Free

November 8, Friday
Brentano String Quartet
Center for the Arts, Concert Hall, 8:00 p.m.
Celebrating its own 10th anniversary, the Brentano Quartet comes to Middlebury with an unusual project: a consortium of concert presenters, including Middlebury College, has commissioned 10 composers to write musical views of J.S. Bach's The Art of the Fugue. The quartet will play portions of The Art of the Fugue and these new responses to it. Sponsored by the Middlebury College Performing Arts Series. Reserved Seating. Tickets: $10/$8/$5

November 9, Saturday
Business of Strangers
Dana Auditorium, 3:00 and 8:00 p.m.
This psychological drama explores power, aging, and female rage in the confrontation between Julie (Stockard Channing), a middle-aged business executive, and Paula (Julia Stiles), her younger subordinate. Sponsored by the Hirschfield Film/Video Series. [84 min., 2001, U.S.] Free

November 9, Saturday
Chapel, Court, and Countryside
Middlebury College Chamber Singers
Jeff Rehback, conductor
Center for the Arts, Concert Hall, 8:00 p.m.
European and American choral music from the 15th to 20th centuries, including madrigals, anthems and motets, music for royalty, and arrangements of popular and folk songs. Sponsored by the Department of Music. Free

November 12, Tuesday
Slide Lecture & Lunch: The Berlin Painter and the Making of Classical Greece
Kirk Alumni Center, 12:30 p.m.
Pieter Broucke, assistant professor of history of art and architecture, discusses the College museum's recent acquisition of a red-figure amphora by the Berlin Painter. Lunch: $12, pre-registration required; please call 802-443-2034.

November 14, Thursday (through November 22)
Sculptures in the Form of a Chair)
Johnson Memorial Building, Central Atrium Space
Sculptures from AR 319 represent students' response to the idea of a chair's many functions: as an object of support or comfort, as a socializing or civilizing device, as an item used in ceremony, or as a historical artifact. Discover how students personalize the concept of a chair while emphasizing its sculptural potential. Free

Middlebury College Museum of Art Ongoing Exhibitions:

Ancient and Asian Art from the Collection
Lower Gallery
The works on view include recent acquisitions, Attic vases, Chinese ceramics, Cypriote glass, and two superb narrative relief sculptures.

European and American Art from the Collection
Cerf Gallery
Featuring seventeenth-century Dutch paintings; a rare 1851 daguerreotype of the moon; French and American portrait busts; and Frederic Remington's 1896 oil painting, Down the River on a Golden Morning.

Ten Years After: A Decade of Collecting
Overbrook Gallery
Through December 8
This exhibition highlights more than 20 recent acquisitions and the philosophy guiding the museum's pattern of collecting during its first decade in the Center for the Arts.

Looking Back at Vermont: Farm Security Administration Photographs, 1936-1942
Christian A. Johnson Memorial Gallery
Through December 1
Between the winter of 1936 and the fall of 1942, government photographers visited Vermont to document the effects of the Depression on rural Americans. This exhibition features 69 of their photographs.

Conversations with Traditions: Nilima Sheikh and Shahzia Sikander
Upper Gallery
Through December 1
South Asian artists Milima Sheikh and S hazia Sikander draw on traditional techniques of Indian miniature painting their art. This exhibition includes more than 50 of the two women's works and is made possible with the generous support of the Rockefeller Fondation, the Andy Warhol Foundation for the Visual Arts, and Booth Ferris Foundation.

Praxis Math Workshop

Co-sponsored by:
Castleton Math Club & Castleton Career Development Office
Open to Castleton State College students and alumni at no cost.

If you need a little extra practice with that math portion, Let us give you a hand!

When:
Monday October 21, 2002 and Monday November 18, 2002
Both will run from 6:30 until approximately 8:30

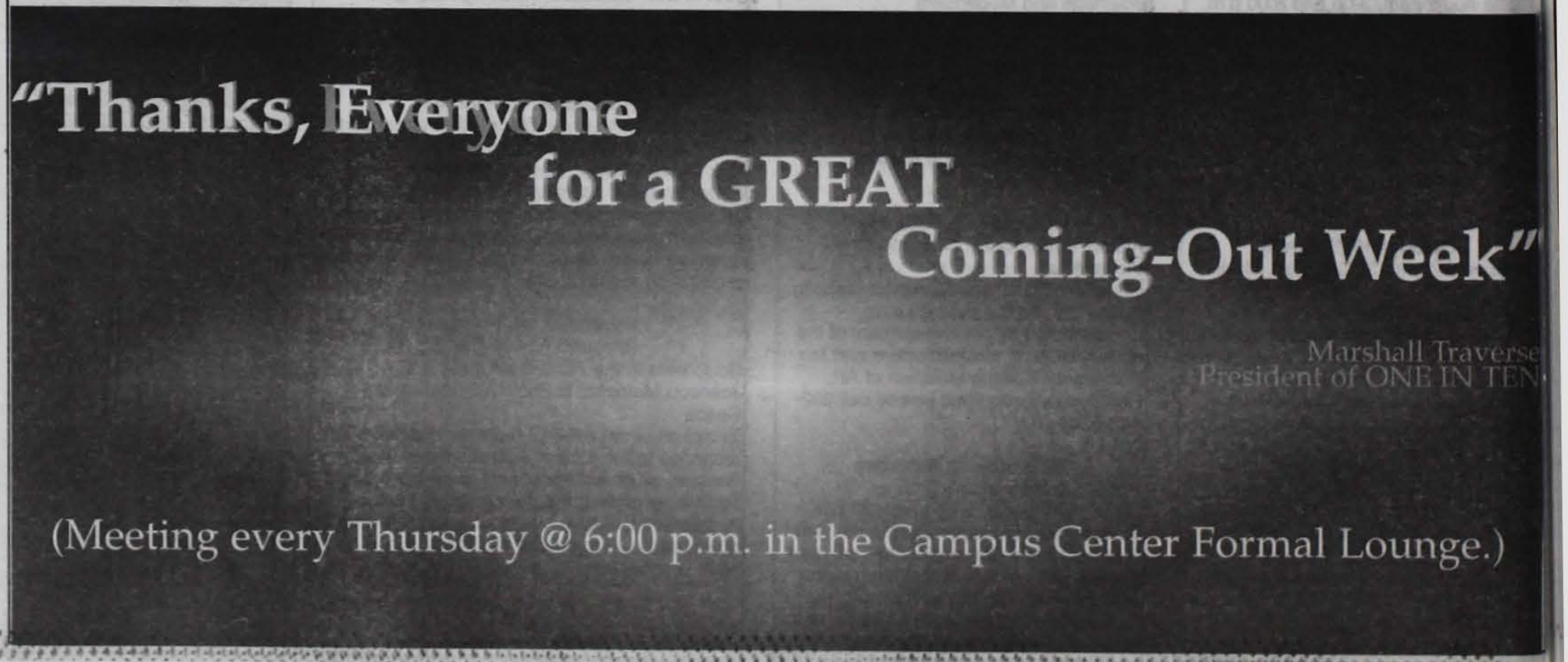
Daycare will be provided for any children, just bring a pencil!

Location:
Math Workshop Castleton Stafford Academic Center 235
Daycare for Math Workshop: SAC 238

To register for the workshop, contact: April Gordon at april.gordon@castleton.edu or judith.Carruthers@castleton.edu

Free to Castleton State College students and alumi. Castleton students and alumi will be given priority seating.
PRE-REGISTRATION REQUIRED.

*For additional Information contact:
Judith Carruthers, Director
Career Development
Castleton State College
Castleton, VT 05735
judith.carruthers@castleton.edu • (802) 468-1339


"Thanks, Everyone
for a GREAT
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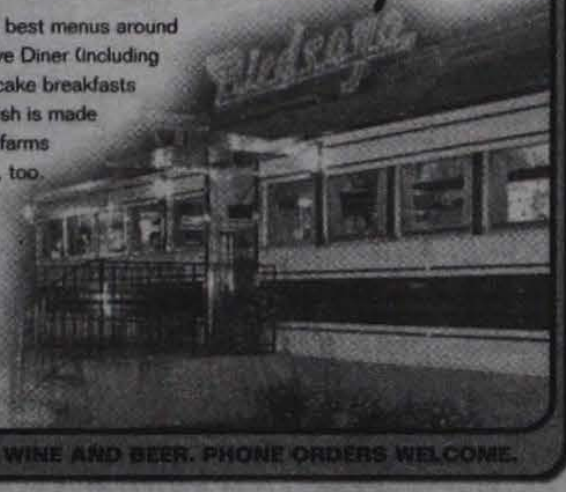
Marshall Traverse
President of ONE IN TEN
(Meeting every Thursday @ 6:00 p.m. in the Campus Center Formal Lounge.)

Birdseye

Next time you visit Castleton, come down to The Birdseye.

Enjoy great food from one of the best menus around in a classic setting at the Birdseye Diner (including counter seats). From hearty pancake breakfasts to juicy custom burgers, every dish is made with fresh ingredients from local farms and suppliers. Vegetarian dishes, too.



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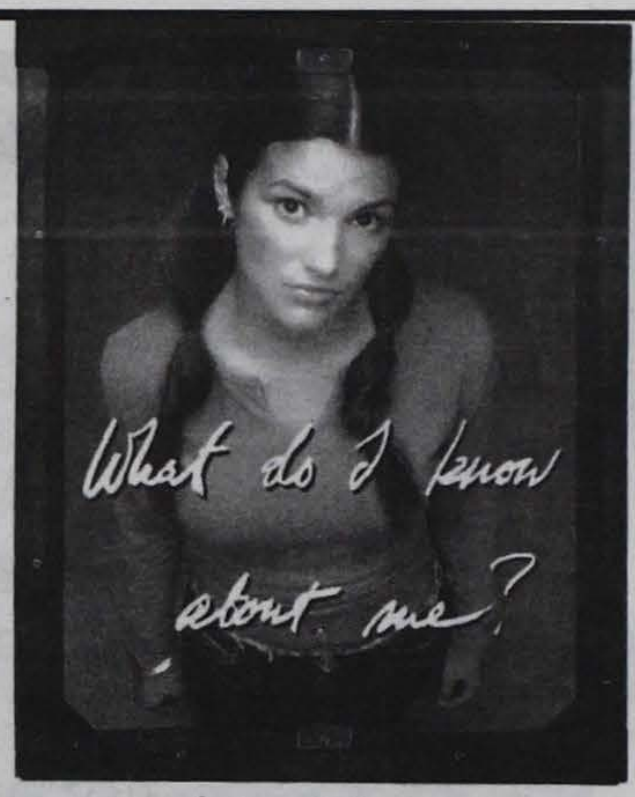

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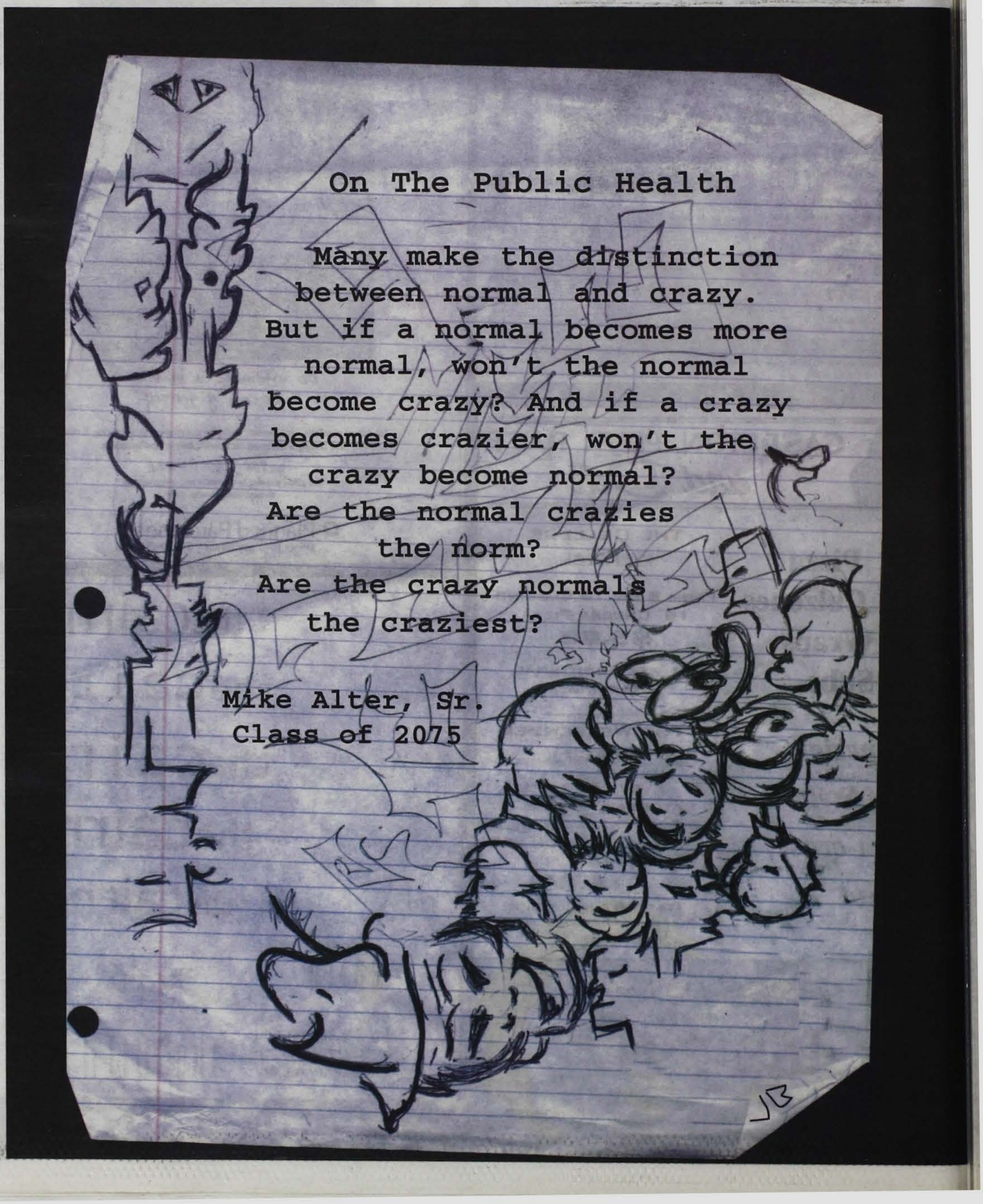
contribute


On The Public Health
Many make the distinction
between normal and crazy.
But if a normal becomes more
normal, won't the normal
become crazy? And if a crazy
becomes crazier, won't the
crazy become normal?
Are the normal crazies
the norm?
Are the crazy normals
the craziest?
Mike Alter, Sr.
Class of 2075
JB

The Cairn

\'karn\

October 30, 2002

F02.4

Halloween as We Know It

By Billie Pisaniello
Feature Editor

We did not start celebrating Halloween until the turn of the last century. Still, people carry around old superstitions, and even now, Halloween still has a creepy aura about it. The holiday could turn on us and get seriously scary at any time.

There are many legends, traditions and customs from around the world that contribute to our current idea of Halloween. The classic image of Halloween is, of course, a jack o'lantern, which is attached to an old Irish tale.

A stingy, miserable old geezer named Jack died on a Halloween night, without any friends in the world. Neither Heaven nor Hell would admit him. Legend has it that the Devil himself turning Jack away, saying that he was too mean, even for Hell. Jack was doomed to wander in the countryside for eternity, carrying a lantern as his only companion in the darkness. And Jack o' the lantern is only visible to us mortals on October 31, the night he died and was rejected from the afterlife.

This tale is also consistent with other European ideas of Halloween. All Hallow's Eve, in almost every culture, is the night on which this world and the next are closest. It is possible to stumble back and forth between the worlds, through the curtain that separates the living and the dead. Trick-or-treating comes from early North and South American traditions of presenting gifts and food to deceased loved ones. Native

Jen Arthur

American children collected special cake from their neighbors, then brought it home to a little ancestral shrine. They even had a door-to-door chant, praising generosity and condemning refusals. Central and South American children remember their loved ones by making and decorating sugar skeletons of the departed. On El Dia de Los Muertos, or the Day of the Dead (early November) they have nighttime picnics at the family grave plots. Cemeteries are filled

continued on pg 4

START Team Looks to Stop Underage Drinking

By Isaac Olson
Contributing Writer
Johnson State College

Jen Arthur

Suddenly, blue flashing lights rip through drawn curtains, bouncing off the walls. People panic, and some even scream. Others try to run, but cruisers, unmarked cars, and cops surround the house. Armed officers rush in from all directions, cutting off exits and barking commands.

But these cops are not brandishing automatics. As members of the Lamoille County START (Stop Teen Alcohol Related Tragedy) Team, they carry breathalyzers.

Scenes like this are becoming more common locally. Just after midnight on Friday, Sept. 6, the START team was called out to a large party on Route 15 in Cambridge. Officers from both the Vermont State Police and the Lamoille County Sheriff's Department (LCSD) responded to the gathering.

At this party, police screened 93 people, according to a START press release. Twenty-nine of those people were under the legal drinking age of 21, and 18 of those 29 had been drinking. Sixteen Vermont Civil Violation complaints were issued for Minor Possession of Alcohol-First Offense while two people were cited to appear in Vermont District Court for second or subsequent Minor in Possession of Alcohol offenses.

continued on pg 4

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Devil's Night 16

Editorial.

Why choose to do nothing?

I open my kitchen door each morning to the shouts of parents yelling at their children.

"You won't ruin my day today you little asshole. Hurry up! You are going to make us late."

Each night when I go to bed I hear the sobbing of the woman on the second floor of the house next door. She threatens to take her life each night, as her husband encourages her because he doesn't care as he takes another beer from the refrigerator.

I hear the screams of small children between those of the husband and wife. Sometimes I stay seated on the couch and turn the volume up on the television to drown out the screaming. I always feel guilty when I do this but I never know whether it is my place to get involved. Where does a neighbor draw the line and decide to get involved in someone else's family disputes?

Sometimes I think that I am just as guilty as the parents next door because I'm not doing anything to help them. When the screaming and yelling gets really bad I move to the kitchen window, fearful that the children are being abused. The only thing that I can see is three small children all wearing just diapers, frantically waving at me while their noses are pressed up against the glass. The children appear untouched by what is happening around them. They don't know that the way their parent's act is unhealthy. These children are stuck in an environment that they can't get out of. These young people are no longer children but survivors. Survivors of a horrific nightmare that they call their life.

Police cruisers visit the street each night. They respond to calls of domestic assault and theft on a regular basis. When the yelling and screaming gets really loud most of the neighbors move to their front steps to watch as if they were at a sporting event.

A mother puts her two children down for naps in car seats placed on the front porch, and then she goes back inside.

From a distance the building next door looks like a run-down Victorian house. When you walk closer you see that the old house was turned into a large apartment building. Mailboxes line the front wall of the house and broken down cars fill the driveway. The word "Fuck" is spray-painted on the front of the house. Some of the children that live on this street go to school each morning, but mostly just the younger children. The older children choose not to go to school instead they ride their bicycles up and down the street all day.

The parents usually stay inside while their children go out to play. When I come home late from work I often have to dodge three-year-olds running down the street at 11 p.m.

You can see the pain in the eyes of the older children. You know deep in your heart that these children have lived through experiences you never wish to know of.

The stench of the garbage outside everyone's home is sickening at night. The loud music that echoes out of all of the apartment buildings is sometimes overwhelming.

What is a neighbor to do in a situation like this? I walk out of my apartment each morning with my blinders on. I try to walk to my car as fast as I can so I don't have to look any of the children in the eye. Sometimes they say hello and I can feel myself choke up. I feel like I live in a world that isn't the same one these children live in. I pack my schoolbag each morning to go off to college. I grab my cup of coffee and cellular phone and think about the day ahead. I like so many other people in our society have let these children down. I choose to do nothing? I have become part of the problem.

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The Inauguration of President Wolk

By Kelsey Dangelo
Staff Writer

On Thursday, September 26, 2002, David S. Wolk was inaugurated as the twentieth president of Castleton State College in the Glenbrook Gymnasium. In attendance were delegates and representatives of the students, alumni, faculty, staff of Castleton State College, Governor Dean, Lieutenant Governor Racine, and members of the Vermont State Board of Trustees, who choose David Wolk as President.

Governor Howard Dean, for the first time participating in a college presidential inauguration, spoke of the importance of state colleges for the future of Vermont and the need to attract in-state students. State colleges are important because they train students for future careers that can help the community. (Governor Dean said that President Wolk will motivate Castleton State College to achieve excellence, make it fun to work here, and he will demand quality and success). Governor Dean then installed President Wolk as the twentieth president of Castleton State College, with all its rights and responsibilities, and the trust of all those who live, work, and learn here.

Robert G. Clark, Chancellor of the Vermont State Colleges spoke about President Wolk's dedication to a student-centered, lifelong education. Clark voiced his belief that Wolk, a dedicated leader, will reform Castleton. Wolks commitment to students and the inclusion of people and ideas, he feels, will bring dignity and honor to our college.

Dennis P. Proulx, Vice President of the Alumni Board of Directors, and April Gordon, President of the Student Association, professed the support of the students and alumni. Both spoke of Wolk's ability to listen to the voices of the students, and reminded him of his ability to change student lives. Joseph Mark Academic Dean, welcomed President Wolk's positive presence and motivation. He sees an exciting future with the new president. Paul Albro, Professor of Business Administration, and Mike Audet, Chair of the Vermont State Colleges Board of Trustees, talked about the changing times ahead, and how this new, energetic presence will be a gain for Castleton State College.

As President Wolk begins his five-year term, he is taking stock and action. He believes in the necessity of well-calculated risks, and he wants to create a college with compassionate professors, where diversity is honored, where mutual respect dignifies us, and where we can reach our maximum potential for a higher purpose. A college's purpose is to prepare students for changing careers, where learning and earning are equal, and where students, upon graduating, can educate themselves. He wants to improve academic quality and to be able to support students and faculty with the materials that they need to succeed.

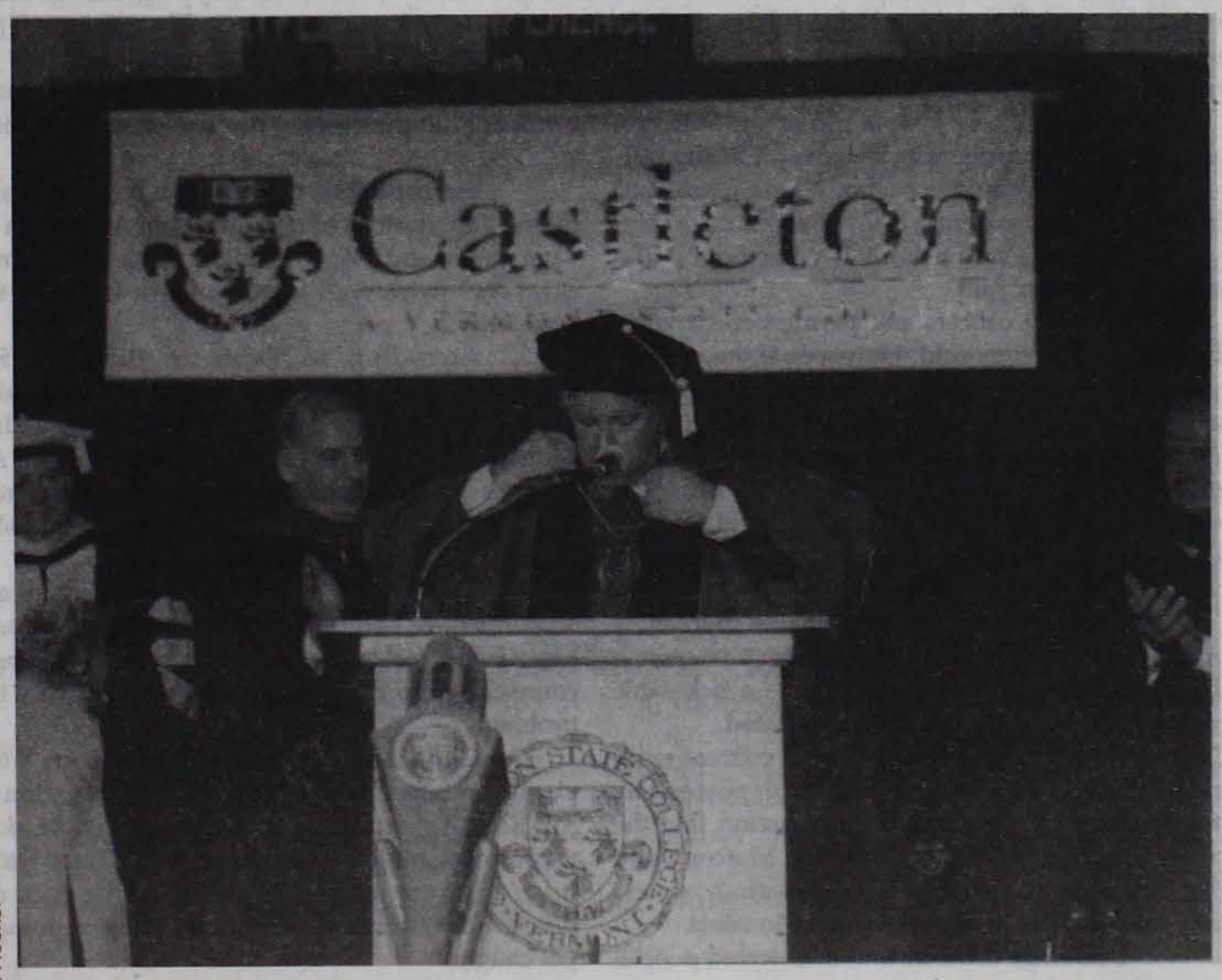
T.J. Hooker

Wolk said that our mission is to serve the state of Vermont, to enhance education opportunities, to prepare nurses, teachers, and other future careers. Wolk also spoke of the need to maximize resources, grants, and fundraisers. Retention and recruitment of students, improving campus life, programs, and activities, and the needs and interests of the students are also top priorities. He wants a higher number of students to be involved in the community and academics, to make a difference. President Wolk also desires to enhance the physical attractiveness of the buildings, grounds, and facilities. Modernization of the fitness center, athletic facilities, the Fine Arts Center, and residence halls is also part of his plan.

Although President Wolk understands that this is a lot to do and a big risk, he feels that a more dangerous one would be to do nothing. He wants to plan and dream for the future, and to act on it. "We must always remain a small college with a big heart,"President Wolk reminded us.

Upon finishing his speech, the audience stood to greet their new president with a round of applause.

When President Wolk stood up to speak, he turned to his friend, Governor Dean, and said, Who would have thought that I would have become president before you? He also thanked everyone for their kind words, and that his father liked it and his mother believed



J. Hooker

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with glowing candles. There are costume parades for the dead. This custom and other show how dressing up for Halloween came about. Some popular childrens' costumes, meant to be both scary and funny, come from different regions in Europe, too. We have Mexican skeletons, Egyptian mummies, English witches and French monsters.

On that night when the veil between worlds becomes thin, anything can happen. These entities, now worn by children, used to be frightening possibilities. The souls of those well-preserved mummies might find their way back to their bodies and rise again. Villagers felt that they had to drive away the evil spirits, risen by witches, by having wild celebrations until the sun came up and Halloween was over. If they did not stay awake they would be pulled into the darkness. All those poor persecuted "witches" were lonely people with time enough to teach themselves the arts from books. At that time it was intimidating for women to be unusually knowledgeable, particularly about medications other than Holy Water, and so "witch" came from a derogatory term for one with unusually sharp 'wits'.

Another mythically scary image is that of gargoyles, like those that protect Notre Dame and other medieval structures. Those beasts were meant to protect the faithful from evil forces, but their appearance wasn't all that comforting. Is it possible that these otherworldly creatures could break from the stone and come to life? Sure they could, on Halloween. Supposedly they prowl the night and wreak havoc on the unfaithful as well. They are the reminders to watch your eternal soul.

Halloween, whether a spiritual warning or a fun fright night, has many aspects from history that make up the modern celebration. Have fun. But remember, whether you believe the tales or not, beware: someone may be watching you. Boo!

Jen Arthur

continued from cover

This was not the first party busted by START this semester. On the night before classes began, parties and gatherings were halted all over Johnson and even on campus. Four people were issued Vermont Civil Violation Complaints and two were cited to appear in court for second or subsequent offenses.

Vermont has had a persistent youth alcohol consumption problem that reached epidemic proportions in the late 1990's, according to the Vermont State Police web page. In recent years, Vermont has ranked the highest in the nation for its teen alcohol-related car crash fatalities.

Based on these statistics and several tragic alcohol-related fatalities of Vermont youth in the mid-90's, the START team was established, according to Lamoille County START coordinator Deputy Jeff Cirignano of the LCSD.

LCSD Sheriff Roger Marcoux said the program is used nationwide. He said federal money, administered through the Governor's highway safety program, is used to pay the overtime of officers who are called into work.

Local law enforcement agencies will first locate and research parties, according to Cirignano. If they decide the team needs to move in, all departments in the area are notified. Many show up, ranging from the State Police to the Department of Motor Vehicles. A team can be put together in fifteen minutes to half an hour, Cirignano said, noting that officers keep their cruisers at home.

Cirignano said that when the team arrives they initially try to contain the party. "Containment is an issue, not so much because we want to write more tickets then we did last time, but because if we let kids run off into the woods we have a whole new problem with safety concerns," he said. "This time of year [weather] exposure is a big issue."

In cases where people run away, Marcoux said that the department may be liable if the officers are negligent and somebody gets injured or dies. "To a certain extent we have to conduct a safety sweep to make sure nobody is passed out in the woods," Marcoux said.

"Usually officers ask permission to enter the house," Marcoux said. However, if the property owners refuse permission and the officers see somebody underage enter the house, they could follow that person and anything in plain view (illegal drugs and paraphernalia or underage drinkers) would be noticed. The START team could also get a search warrant or just wait outside for people to come out, according to Marcoux.

Officers who find out that a person is under the legal drinking age must next determine if alcohol has been consumed, if it is a ticketable offense, and if the person is incapacitated.

Officers do not need a blood alcohol content reading to charge an underage person with possession, if they determine through odor or action that the person has been drinking. However, Marcoux said that a person can refuse to take a Breathalyzer and may then be able to fight the charge in court.

Underage drinkers and intoxicated people, after a screening conducted by Lamoille County Mental Health, may be transported to a detox center. The closest one is in St. Johnsbury. "If we let someone go who has been drinking and they get into a car accident the responsibility is on us," Marcoux said.

Minor Possession of Alcohol-First Offense charges range from holding a can of beer to having alcohol in the body. "Vermont has decided that the body is, in fact, a container," Cirignano said. This charge is not much more than a $100 dollar traffic ticket; however, most are handled through the court diversion program, which leads to things like alcohol and safety training, as well as community service.

Second offense and beyond is a misdemeanor. "Now you're talking citations, court appearances, criminal records, attorneys, and any other thing that would come with a criminal charge," Ciragnano said.

The START Team doesn't just bust parties; it also uses its funding to promote prevention techniques. For example, Cirignano has put many hours in at Lamoille Union High School teaching the students about the START team and why it is in place. He has also put in many hours on campus, showing up at floor meetings and explaining the penalties for drinking.

Prevention techniques have led to a $500 donation given to JSC from START funds on Sept. 15. According to Marcoux, the donation was made in order to promote safety and health concerns surrounding alcohol, pointing out neither he nor the department has done anything like it in the past.

Marcoux said that after getting the idea and doing some research he found that dipping into the funds for such contributions is applicable. "You can't just lock everybody up in jail," Marcoux said. "It's got to be prevention, treatment, and then law enforcement. So, I'm putting my money where my mouth is."

Marcoux feels that this will be another step in opening up lines of communication between his department and JSC. "I want to work with administration," he said. "I want to work with the student body."

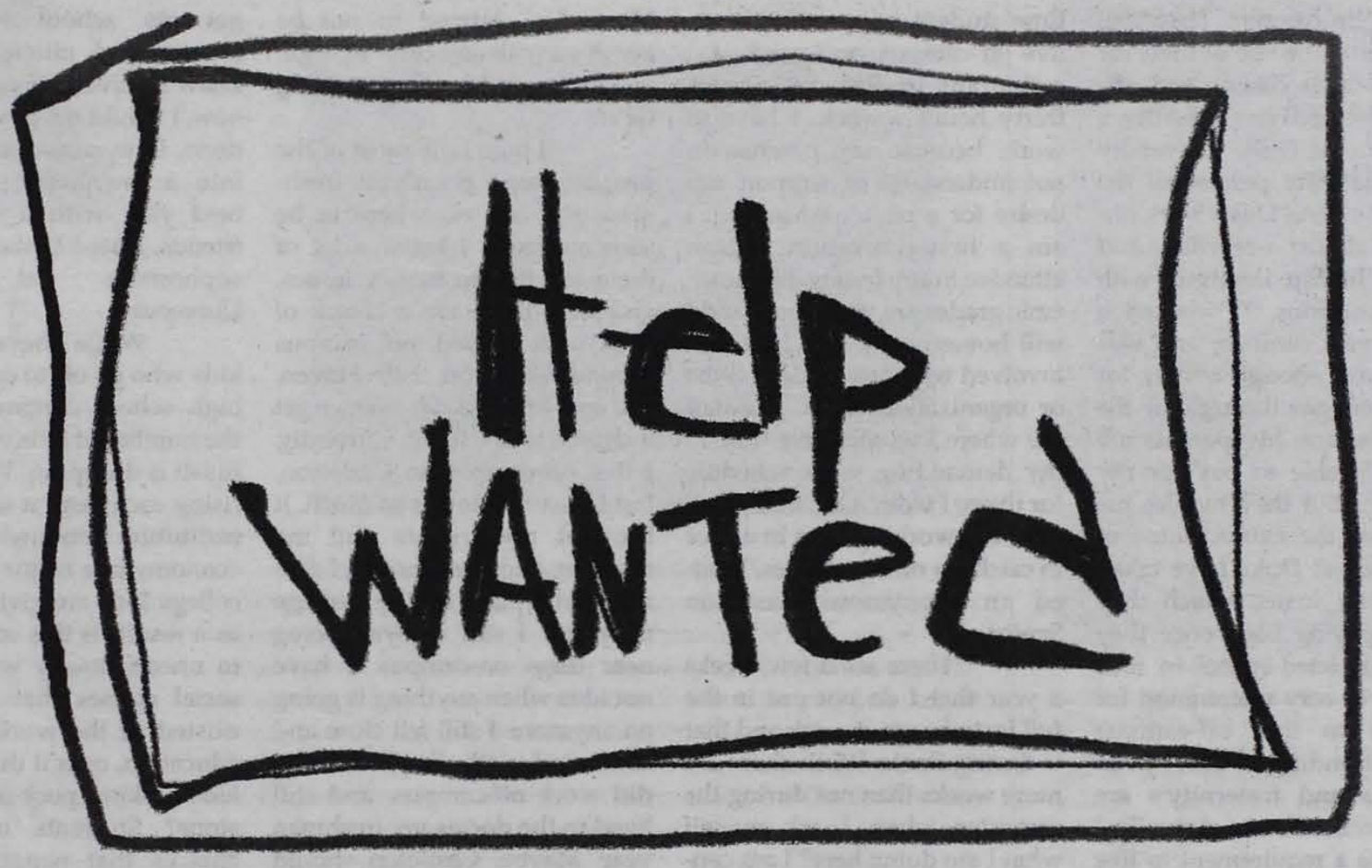
According to Dean of Students Ron Chesbrough, the grant from LCSD will be used to pay for the presence of a certified alcohol/drug counselor (CADC) on campus once a week for students seeking such counseling and for those mandated through violation of the drug/alcohol policy to receive a CADC screening.

Chesbrough pointed out that in some cases students have had difficulty with transportation to Morrisville for such counseling and bringing a counselor onto campus would help eliminate that problem.

Ciragnano noted there hasn't been a teen alcohol-related fatality since the initiation of START. "It's acting as a deterrent. People don't want to get caught," Cirignano said. "They realize it isn't just one person knocking on the door of a house full of a hundred people. They're going to get caught."

More Students are Working

By Rebecca Becker
Staff Writer



Years ago attending a college or university was a foreign concept, a giant privilege, an entrance into the highest level of the working world, and utilized by the very top elite, politicians, and ministers. Today, it has turned our cultural mindset to think it is an almost essential means of survival, for any class, to make it in our society.

"Our culture has set-up a notion of continuing a high education, and even higher education than an undergraduate degree. I have noticed our society of college students is not just accepting their four-year degree anymore; it is not enough to make it in our economic system. There is such a demand for success and wealth. Most college undergrads are choosing to take it a step further, and continuing they're learning in a masters program, law or medical school," stated Dean Stone. The degree, a college student receives after they have fulfilled the requirements of their institution, is suppose to hold more value today than ever before. However, the cost of obtaining such a valuable and essential thing is costing students way too much money, not to mention, the stress and frustration, and an increase of competition in the current economy.

Being a full time student, and graduating in the traditional four years is slowly turning into a foreign notion of higher education. College students have been more recently a new addition to the competitive job market in a battle to pay monthly rent, car payments, credit-card debt, cell-phone bills, and the many other payments they have taken on as students. By working the long hours and studying part, as well as full, time, has only been lengthening the time for a student to earn a college degree. Not to mention it is also increasing the likelihood that a student will eventually drop out of their institution.

A recent Harvard report stated that college students who try to work a twenty-five to forty hour a week have very poor class attendance, a lack of time spent on their studying and over all attitudes toward school, and the non-working students. However, the report stated that the students who utilized the institutions work-study programs were more apt to get involved in the schools activities and their studies. Sometimes the work-study is not enough to get by, many college students argue, and they have no other choice but to work at neighborhood restaurants, retail, super-markets, etc. They have way too many payments to meet each month.Survey's show that the majority of the students at Castleton College have to work, and works at least twenty-five hours a week off-campus. This applies to the other Vermont State Colleges, and State schools nationwide. The mentality of the environment here at Castleton College is to hold a job, as well as, to live off-campus. As a result many students are not involved in the activities and organizations that Castleton has to offer each semester. While the mentality at many private colleges, and universities is to study for many long hours a day, take part in several clubs and organizations to build on their resume, and participate in internships. For the students who also have to hold jobs at more rigorous and demanding institutions, they chose to have a work-study position. Shaun Russell, a senior at The University of Notre Dame, states, "I have very hard-challenging classes, especially this year, but I have to work because this school is so wicked expensive. I work at one of the school gyms fifteen hours a week, and make 5.50 an hour. Most of my close friends also have work-study jobs, and only a few work off campus."

Most students who are enrolled at State or community colleges will argue that they have no other choice than to work off-campus, because they wage they receive at their school is not enough. Many will also argue that the kids who attend more expensive institutions have the funds and support to not work. Statistics show that the lower and middle-class kids who attend very expensive colleges and universities work less at their job, because

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they are reducing the demand of month-to-month rent payments by living on campus. They also are reducing the use of their car to get to their classes and off-campus job each day.Ari Alter, a sophomore at Duke University claims that fifty percent of the kids who attend Duke work on-campus almost everyday, and are still highly involved with school functions. "I worked a ton this past summer, and was able to save enough money for books, and gas throughout the two semesters. My parents are thankfully able to pay for my education, but they require me to pay for the extras. Some of my friends at Duke have taken out several loans, which they will be paying back once they have completed-school in four years. It is very uncommon for students to live off-campus while attending Duke. Even sorority's and fraternity's are located in the dorms. Actually, I think it is a requirement to live on-campus for the first two years of school? Stated Ari. Jeremy Nocerino, a senior at The University of Colorado stated, "There are about 25,000 undergraduate students, and a lot of the kids work, including myself. They work in a number of different roles—wait staff, sales associates, banks, babysitting, you name it. I currently am doing a paid internship at Level Three Communications. I do a lot of computer work there, and getting a great and unbelievable experience. I had to live on-campus my first two years, a requirement, and moved into my fraternity house for the last two years. I wouldn't want to deal with the hassle of living off-campus all through college. I love walking to my classes everyday, sometimes I bike, and it is so nice to interact with the student body too."

Surveys show that seventy-five percent of the Castleton student body works off-campus, and about fifty percent also live off-campus after their freshman year."I am a full-time student here at Castleton, live off-campus, and work at a restaurant in Rutland almost thirty hours a week. I have to work, because my parents do not understand or support my desire for a higher education. I am a first-generation college attendee in my family. My academic grades are very good, and I will honestly say that I am not involved with any student clubs or organizations here. I cannot see where I would have time in my demanding work schedule for them. I work a lot, and when I am not working I am in a race to catch-up on my studies," stated an anonymous Castleton Senior.

"There are a few weeks a year that I do not put in the full forty-hours at work and that is during finals. While there are more weeks than not during the semester when I ask myself what I am doing here? I am constantly being faced with not being able to pay rent on time, or any other bill that I receive. It killed me the other night when I couldn't study for my Cultural Geography mid-term, because I was on the phone crying to my grandparents, because I did not know how I was going to get rent to my landlord and they couldn't help me out. I ended up skipping the mid-term, because I was unable to study for the exam. I kept asking my grandmother why? Why was I in school, when I spend more time working at the restaurant than on my schoolwork? I dread going to the mailbox, and seeing VISA and American Express envelopes, stated another anonymous Castleton Junior.

The small percent of Castleton students, who claim they do not have to work while attending college, state they still chose to. Those who were surveyed mentioned that they choose to have jobs, because they are so bored when their friends, housemates, or suitemates are constantly at work. Most also claimed to not be involved with any clubs or organizations, or have outstanding GPA's.

"I hate how most of the people I came in with my freshman year are no where to be seen anymore. I know a lot of them left due to money issues, and than there are a chunk of kids who moved off campus around Castleton, Fair Haven, Ira, and Rutland. So I never get a chance to see them. Currently, I live off-campus in Castleton, but I miss the dorms so much. It brought my friends and me together, and even though I didn't participate in the college activities, I still enjoyed being near them on-campus. I have not idea when anything is going on anymore. I still felt close and connected with the kids who did work off-campus, and still lived in the dorms my freshman year. Maybe, Castleton should make it a requirement to live on-campus for the first two years of school. I think it would help build a stronger, and involved community. There are still going to be many kids who have to work, but at least they will feel connected to the community that does exist here, " stated Junior Lauren Pauley.

At Stetson University, located in Deland, Florida, more than half of the students are reported to be working while attending, due to the 30,000 a year price tag, but are required to live on-campus until their senior year. "I have to work. I work at a department store in the mall a few nights a week. My mother, who went to Stetson almost thirty years ago, cannot believe they allow undergraduate students to have cars on-campus." That is also something new to many colleges and universities in this generation. "I guess it is because most students hold jobs on top of going to school, and are forced to have a car for reasons of distance. I do not mind working, and I feel I get my school work done always and efficiently, but I know if I lived off-campus right now, I would never get anything done. I am considering moving into a townhouse on-campus next year with a few of my friends, stated Leslie Sviridoff a sophomore at Stetson University.

While the numbers of kids who go off to colleges after high school continues to rise, the number of kids who actually finish is dropping. With the cost rising each year at almost every institution nationwide, and the economy in a major low, a lot of college kids are giving up hope as a result. Is this society's way to unconsciously wipe out the social classes that once never existed in the world of higher education, or is it due to college kids making poor-unwise decisions? Students often make choices that negatively affect their academic performance, and ability to complete a college degree for several reasons: to contain the price of attending college, to support lifestyle choices such as living off-campus or carrying a credit-card balance, and overall becoming a product of the institutions overall mentality. Do you think when John Harvard founded the first college in our country, Harvard University in 1638, he envisioned the future of higher education to consist of yearly scuffles to pay tuition, finding and taking out loans left and right, and a consent struggle and headache to balance work with school? John Harvard founded the first college in the United States with a religious purpose, and the vision that "...One of the next things we longed for, and looked after was to advance Learning and perpetuate it to Posterity; dreading to leave an illiterate Ministry to the Churches, when our present Ministers shall lie in the Dust..."

Surveys show that seventy-five percent of the Castleton student body works off-campus, and about fifty percent also live off-campus after their freshman year.

If no one on the ballot looks good to you, then write yourself in.

Shine Your Boot, Governor?

By Peter A. Sutters, Jr.
Staff Writer

T.J. Jooker

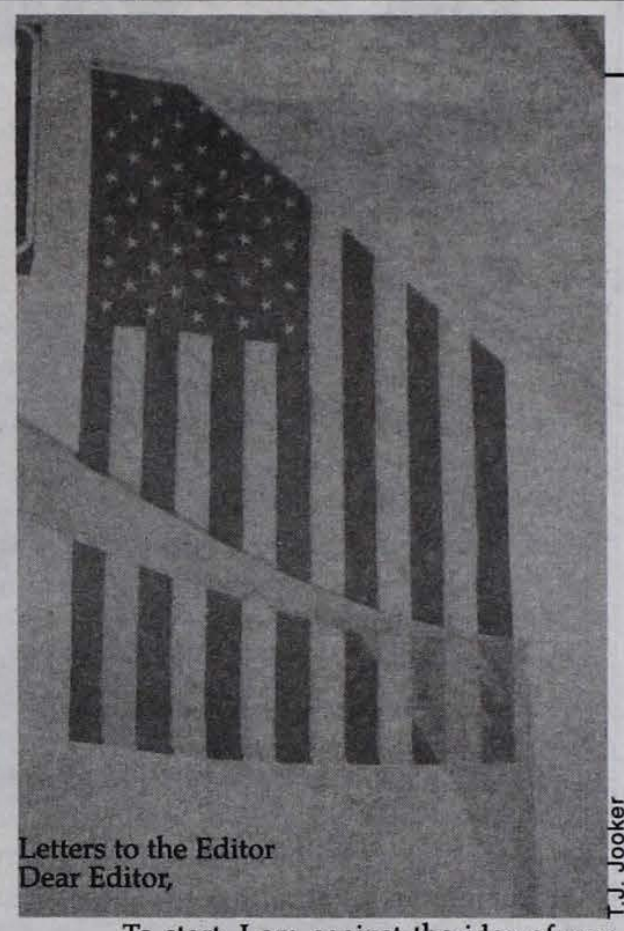
As Election Day approaches the race for Governor and Lieutenant Governor are getting nasty. There are three different people, from three different parties running for each office. This means that when the votes are counted, it is likely that no individual will have over 50% of the vote that is required by law to win the election. If this does happen, the people of Vermont will have to wait until January when the State Legislator will vote to decide the final result of the race. Why is the fact that no candidate will receive a simple majority vote dominating the election, rather than the issues?

Candidates are supporting proposals that will get them elected. Once the vote goes up to Montpelier it is out of the hands of the voters. The entire election is up to our elected state legislators, who can vote in one of three ways; 1) They can vote for who won in their district. 2) They can vote for who won the popular vote of the state. 3) They can vote for whom ever they want, namely the candidate who they share party afflation with. This is the part that is dominating the political headlines as the election approaches.

The Democratic candidate, Doug Racine, seems to have about a ten- percent lead in the latest polls, but not enough to have the required 50.1% of the vote. His concern is that if the vote goes to the legislator he will not be elected because of Republican control. Racine has proposed that each candidate enter into an agreement that who ever wins the popular vote become governor, and the loser concedes.

The Democratic Party has begun to run ads on radio that sound like a news broadcast saying that the republicans have stole the election. Republican candidate Jim Douglass has not agreed to Racine's proposal and joked in a debate in Rutland that it was a moved point because he was going to win over 51% of the vote. Ha, Ha, Ha, nothing like a joke to sidestep an issue.

By the way did you hear the one about the current Vermont Governor who is going to run for President? I'll tell you later. In the mean time I look forward to the candidates taking the moral high ground on the issue, I mean I look forward to each candidate supporting the argument that will put them in office, regardless of the Vermont Constitution or the will of the people. The important thing is that you get out and vote for whom ever you support, and if no one on the ballot looks good to you, then write yourself in.



T.J. Jooker

Letters to the Editor
Dear Editor,

To start, I am against the idea of war with Iraq. I am classified as a pacifist, but that distinction had nothing to do with my opinion. When I pondered over the idea of the possibility of war, many reasons against it came to mind. There were three main reasons why I believe it would be foolish to attack the country of Iraq.

My strongest opposition against is, haven't we tried it before? The conditions are not quite the same; this is similar to the Gulf War though. And as my memory suites me, we faired well, but accomplished absolutely nothing. So now several years later we are going to head out and go do the exact same thing? The logic here doesn't flow for me. Perhaps, there is something else we could try. I am afraid, though, I must admit I do not know what action would be most beneficial, but an action we already know won't work, probably isn't the best idea.

Also, if Saddam has these horrible weapons of mass destruction that our government is so afraid he "must have," and we attack him, why wouldn't he use them on us? The big selling point for the Bush administration is that he has these terrible items, but why wouldn't he still use them? In fact, if we attack him, wouldn't that, under the rules of war, give him every legal right to fire missiles or whatever else it is feared he has?

My last reason is a more broad political reason. If we decide as a major superpower that we have the right to attack when unprovoked, what is going to keep other countries from doing the exact same thing? I'm not really sure, but isn't that the same thing that everyone was mad at Hitler about?

These are merely my own opinions, but if anyone else has the same one, please contact me: TiW84@hotmail.com. A local organization is trying to fill a petition to send to our officials, stating that we are opposed to the idea of a war on Iraq.

Sincerely,
Trevor Williams

Do you think You Are Fat?

By Allyson Stoodley
Staff Writer

Most of us would find it abnormal to go a meal or two, even a whole day without eating. Many of us have had the experience of waiting longer than comfortable for out next morsel of food. We communicate this to others by saying that we are not really starving. On the other hand, there is a group of people who think that in order to live they have to starve. Eating is no longer a part of life nor does it bring any satisfaction to their body, mind or soul. These people are afraid that they are too fat and may be struggling with various kinds of eating disorders.

Eating disorders are a major concern worldwide. They impinge on 5-10 million Americans and nearly 70 million people overall. Contrary to what was believed a couple of decades ago, roughly 1 million males have some type of eating disorder. Most often than not an eating disorder is the outcome of what began as a simple diet. Time Magazine reported that 80 percent of all children have been on some kind of diet by the age of 10. The eating disorders most frequently discussed are anorexia, bulimia, binge-eating, and compulsive overeating. All eating disorders can disrupt lifestyles, moods, and the ability to be productive in society. Eating disorders pose serious health risks. Medical and psychological assessment and treatment is necessary in all cases.

According to ANAD (Anorexia Nervosa and Associated Disorders), anorexia maintains the highest mortality rate of any psychological illness. Ten percent of its suffers will die within 10 years of anorexia's onset. Twenty percent will die after having the illness for approximate 20 years and about 50 percent claim to never be free from the disease.

People with anorexia have an overpowering feat of becoming fat. People with anorexia see themselves as bigger than they are because their image of their body is distorted. They deny hunger until they literally do not know what hunger feels like anymore. As the disorder progresses, a preoccupation with food devolops, habits and rituals around food become evident and signs of depression or agitation begin coating their personality. The most obvious sign of anorexia is a marked weight loss usually characterized as 25 percent of their original body weight.

A person does not have to weigh less than 90 pounds to be an anorexic. A 165- pound girl who loses 25 percent of her body weight weighs around 123. It is how she loses weight and how preoccupied with food and exercise she is that determines if she has an eating disorder. Two other symptoms of anorexia are compulsive exercise and an absence of menstrual cycles.

People with bulimia can have a lot of the same symptoms and do not loose very much weight after a while. They usually teeter between a 10-pound variance and often do not "look" sick. It is reported that nearly 20 percent of all college-aged women have or have had bulimia. Bulimia is very common among athletes, even more so than anorexia. People with bulimia typically eat very large quantities of food, sometimes over thousands of calories, in one sitting. Out of an intense fear of becoming fat and a horrible amount of guilt they then experience, individuals with bulimia feel compelled to purge themselves of the food. Food may be purged by vomiting, fasting, exercising compulsively, abusing laxatives and any other kind of pill they think will be useful in eliminating the calories they have just consumed. It becomes a pattern that they cannot control. Bulimia causes as much destruction to their body as anorexia.

If you think someone you or someone you know may have an eating disorder, please talk to someone. Confidential help is a variable right here on campus. Contact Deb (x1313) and MJ (x1314) in the Wellness Center.

My name is Allyson Stoodley. I am a student at Castleton and Rutland County resource person for ANAD. ANAD offers a wide variety of information and support services to people with eating disorders and their loved ones.

You may e-mail me at Allyson.Stoodley@castleton.edu . For further information, visit www.anad20.org.

Physical and Psychological Effects of Eating Disorders

Malnutrition
Intestinal ulcers
Dehydration
Ruptured Stomach
Heart, kidney and liver damage
Tooth and Gum erosion
Tears in the esphagus
Low self-esteem
Depression
Impaired family and social relationships
Shame and guilt
Mood swings
Perfectionism
"All or nothing" thinking

No Doubt, Garbage and the Distillers in Worcester, Massachusetts

By Crystal Johnson
Staff Writer

On tour with No Doubt and Garbage, punk rock newbies The Distillers broke out into the mainstream in 2000 with a self-titled release and later that year Sing Sing Death House.

The wife of Rancid's Tim Armstrong, lead singer Brody grinds out lyrics that make you want to mosh. With vocals that would put Courtney Love to shame, Brody rocked stage with her guitar on hand screaming lyrics that cannot be understood by anyone who does not know the band. For half an hour, this hard, punk band rocked the stage. After the Distillers came the band Garbage.

Garbage, fronted by the interesting Shirley Manson, (no relation to Charles or Marilyn), brings you true emotion in her songs. Famous producer Butch Vig, whom you will remember as the producer of a Nirvana album, and Steve Marker backs garbage. Their self-titled debut release catapulted them onto MTV in no time. Then came their second album Version 2.0 and their latest, Beautiful Garbage. You may remember such songs as "Only Happy When It Rains", "Stupid Girl" and "Push It". Their latest album has spun out some great hits as well; they include"Androgyny" and "Breaking Up The Girl".

Opening their set with "Supervixen" from their self-titled album, Garbage hyped up the crowd with rock guitars and killer drums. Shirley stomped around stage, pointing at the audience like they were the ones who inspired the songs; she brought the crowd to life.

Halfway through her set, Shirley mentioned how she had come to know Gwen Stefani. "In about 1995 when both bands were getting started, I was back stage at a show just sitting around on the couch when this gorgeous blonde comes up to me and says "Hey dude! I love your band!" And since I am from Scotland and we don't say 'dude', I said "Hello". And later on that week I saw their video rocking on MTV and I just remember thinking that this girl does not get the kudos she deserves but at the same time she does…" After their set the audience waited for another half hour before their 'reason to be' began their set.

No Doubt started long before either of the other two bands. Their self-titled debut premiered in 1992 followed by Beacon Street Collection in 1995. Tragic Kingdom followed and when the band was just about to call it quits, their singles "Just a Girl", "Spiderwebs" and "Don't Speak" brought them into the world of music in a big way. After the releases of Return of Saturn and Rock Steady, No Doubt is still ready for more. Lead singer Gwen Stefani (recently Mrs. Gavin Rossdale) has stated that she plans on making one more album before having babies.

Wearing an outfit from her upcoming clothing line called Lamb, Gwen proved that girls do just wanna have fun. Opening the set with a clip of their song "Rock Steady" from the album of the same name followed by their hit "Hella Good". When the lights came on, the crowd was stunned to notice that on the end of the runway attached to the stage was the entire band.

Adrian Young on drums was dressed in a woman's nightdress with his head set duct taped to his head. To his right was guitarist Tom Dumont donned in a full suit and tie. Bassist Tony Kanal (to whom many women screamed 'I love you!') wore a white bandana across his forehead with a punky red sleeveless shirt. Gwen, the focal point for hundreds of others was wearing a bikini top with LAMB in Old English font written across the back. The same logo was emblazoned on the back of her striped pants that were complete with bondage straps and extra zippers.

While Tom played the beginning of "Just a Girl", Gwen proved her strength by doing push ups at the end of the runway. No Doubt worked hard to get the crowd going: jumping around stage, walking up and down the runway, or dancing the way a pro does. This band is definitely deserving of the fame it has attained. There's No Doubt about it.

Photos courtesy of Crystal Johnson

For The Love of the Game

By Thomas Casale
Sports Editor

On Saturday, October 12, the top ranked team in college football, the Miami Hurricanes, defeated their archrivals, the Florida State Seminoles, 28-27. The game was a thrilling, emotional masterpiece that was orchestrated by an elite group of student-athletes. When most people think of the term "student-athlete," they think of the players who gave their all in a sporting event of this magnitude. However, those kinds of college athletes are the minority. They make up a small portion of the student-athletes around the country. Most of the men and women, who play college sports in the United States, do so in places like Castleton, Vermont.

Many miles away from the 80,000 screaming fans in the Orange Bowl, sits a tiny New England town in the Green Mountains of Vermont. Every morning at Castleton State College, young men and women get up for practice and work hard to make themselves better at a particular sport. There are no NFL contracts waiting for them when they graduate, and only a handful of people attend their games. Student-athletes who attend schools like Castleton State play sports purely for the love of the game. They are the ones who define the term "student-athlete."

Jessica Benway is a student-athlete at Castleton. She is a 20-year-old sophomore, who plays on the girl's field hockey team. Jessica is a transfer student and one of the reasons she decided to attend Castleton was so she could play field hockey, a sport she has been playing since the eighth grade. Jessica's previous school did not have field hockey and after attending the all-female school for a year she jokes, "I came to Castleton for the men." In reality, there were many things that drew Jessica to Castleton. "I like the diversity the school offers it's students and I missed playing field hockey." After taking a year off, Jessica is glad to be a student-athlete again. "I'm happy with my decision. I think Castleton is a great school. It gives people from a lot of different financial backgrounds a chance to learn on the same level."

The girl's field hockey team is a club sport this year, as field hockey makes its return to Castleton for the first time since 1993. Despite the struggles that come with playing a sport in its infant stage, Jessica remains optimistic. "It has been an experience like no other," she says. "Sometimes it is difficult getting up for practice because we have not had a lot of success this year, but we have a great group of girls on this team. We are all very resilient and we all get along."

One of the biggest obstacles that student-athletes on all levels face is time management. Students must try and figure out a way to fit school, sports, and a social life and occasionally work into a very busy schedule. According to Jessica, "Time management is the hardest thing about being a student-athlete. It has been really difficult for me. I have learned that I need to leave my room in order to get my work done. I spend a lot of time at the STEP Center. That is where I do most of my homework. Playing a sport has certainly helped me learn how to manage my time." When asked if she thought her grades have suffered as a result of playing a college sport, Jessica replied, "It hasn't had a negative effect on me personally but I do know some people who have had trouble finding enough time to play a sport and get their school work done. It is tough when you have to study for a test the next day but you have a game that night. It can get pretty hard."

Jen Arthur

Jessica believes that she is getting a lot out of playing a sport in college. "It was hard coming in as a transfer student," she admits. "I did not know anyone and playing field hockey helped me with my transition. It gave me something to do every night. Playing sports gives you a feeling of togetherness. I have learned a lot about teamwork and how to stick up for my teammates on and off the field."

Jen Arthur

A big factor in determining the future success of girl's field hockey, and all other sports for that matter, is the support athletics receives from the college. The more serious a school takes their athletic program, the more time and money they will put into helping make athletics a success. Jessica believes Castleton does a lot to support its athletes. "I like what Castleton is doing. They are talking about increasing the funding for sports and I think President Wolk has taken a strong position supporting athletics here at Castleton." If Jessica is right about Castleton's devotion to the athletic program, that will be good news for the girl's field hockey team in the years to come.

Students like Jessica are the epitome of the student-athlete. Even after all the hard knocks the girl's field hockey team has gone through in it's first season, Jessica continues to have a positive outlook for the future. "I plan on playing field hockey as long as I am at Castleton," she says. "I am really looking forward to next season. We are hoping to move up to a varsity sport next year, so that is really exciting. Head coach Brooke Wright and assistant coach Bridget Ladabouche have done an incredible job working with a club sport and preparing us for the move up to varsity next fall."

All over the country there are student-athletes just like Jessica Benway. They wake up early in the morning and practice in the rain, knowing they are only working that hard for their own personal satisfaction. They give it everything they have, knowing that very few people are watching to appreciate their efforts. They do this because they love being a student-athlete. They do this for the love of the game.

All the way from Paris

By Dale Schaafsma
Staff Writer

Jen Arthur

Among the freshman stands a man, 6' 7", 240 pounds. Yvan Bemba, 23, was recruited to play basketball at CSC by assistant coach Andy Newcombe.

It turned out that there was much more to Bemba than basketball.

Yvan, originally from Congo, spent most of his life living in France. Growing up there he played soccer, but soon realized it wasn't for him.

People told Bemba he was tall so he should play basketball. "I thought it was dumb at first," he said, laughing. Bemba is tall and strong so everyone assumed that he had talent on the court. However, Bemba lacked basketball skills because he had no experience. In one of his first games, he was injured. "People were laughing and they said "Yvan, you stink," Bemba recalled. The humiliation motivated Bemba and he devoted himself to becoming a strong basketball player. Two years later he played again, and hushed the crowd with his skills. "The love of the game came out," Bemba explained.

Andy Newcombe noticed Bemba at the New Hampshire Tech, a junior college. He saw Bemba play and was impressed with his size and hustle. Newcombe approached Bemba, intrigued about his potential.

Bemba had other basketball experience in America. In 1997, he showcased his talent in an Invitation Sea Coast Tournament. "The players are a lot faster in America," said Bemba.

But it was more than Bemba's basketball play that appealed to Newcombe. According to Bemba's coach at New Hampshire Tech, Yvan could always be found in the library.

Two years ago basketball was the center of Bemba's life, "But now I understand the meaning of education. Your brain is more important than your body," he said.

There were many reasons that Bemba chose to come to Castleton. He had heard many goods about the basketball team. The people are also very friendly here. But most importantly, Castleton appealed to Bemba academically.

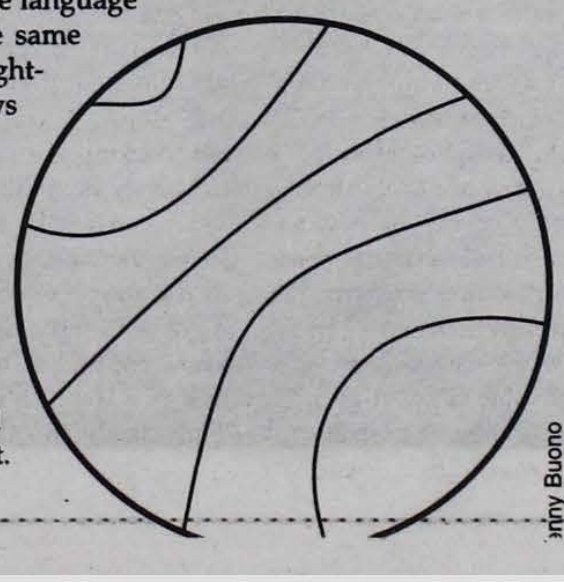
Bemba has made a smooth transition from France to America. According to Bemba, "it just takes a little while to adjust to living in America."

One of the challenges Bemba faced was the language barrier. "English is weird, you can have the same word with ten different meanings, it was a nightmare at first," Bemba said. Watching the news helped him pick up the language.

Along with French and English, Bemba speaks Portuguese, African Dialect and Spanish.

Religion is also critical to Bemba. He is currently living with the Pastor and wife of a Baptist Church in Rutland

Bemba said America has been a blessing to him. Perhaps it is Castleton that is blessed to have such a well-rounded, diverse student.



Jenny Buono

Cross Country Runners Break Record

John Klein
Contributing Writer

On Saturday, October 19 2002, racing a rainy muddy course, Kyle Vinton, Allen Dowling and Jace Klein stepped up to lead Castleton's Spartans to a second place finish in the Southern Vermont College Invitational Cross Country meet Castleton finished behind a strong Johnson and Wales team

In the women's race, the first three runners broke the course record, Michelle Bird (13th in 20:29) and Cindy Kilic (17th in 20:51) were bright spots, Castleton finished fourth behind Johnson & Wales, Southern Vermont, and Bard.

The Spartans next meet is the Castleton Invitational, at 11:00 a.m. on Saturday October 26.

Jenny Buono

Events

Do You Want to do it the hard way?

CASTLETON FALL CAREER FAIR

WEDNESDAY, November 6, 2002
Castleton State College
Castleton, VT 05735

9-3 pm - (closed for lunch 11-12)
GLENBROOK GYMNASIUM

ALL VT COLLEGE STUDENTS AND ALUMS – YOU ARE INVITED – ONE DAY ONLY!

First Year Students, sophomores, juniors, seniors and alums!

All Castleton students can enter to win THE BURTON SNOWBOARD!

Over 20 grad schools will be here!
Over 50 organizations with part – time, full-time and internship positions just for you!
NEW NEW NEW specialty tables with super information: Careers in Higher Ed, Earthwatch Program, etc. etc. etc!

Organizations already registered for November 6 Career Fair...MANY more expected:

Grad schools galore...

Castleton State College
Clark University
Clarkson University
Environmental Law Center - Vermont Law School
Goddard
Massachusetts School of Law
Pierce Law Center
Plymouth State College
Quinnipiac University
Quinnipiac University School of Law
Sacred Heart University
Sage Graduate School
Southern New Hampshire University
Southwest College of Naturopathic Medicine (Tempe, Arizona!!!!)
Springfield College
State University of NY at Brockport
Universidad Autonoma de Guadalajara
UVM College of Nursing and Health Sciences
Wheelock College

Companies/Organizations are already registered for the Nov. 6th Career Fair – and we expect still more....

Remember – medical centers are like CITIES....they hire from every major!

Albany Medical Center
Central Vermont Medical Center
Dartmouth-Hitchcock Medical Center
Fletcher Allen Health Care
Glens Falls Hospital
Rutland Regional Medical Center
Springfield Hospital
Haven Health Care of Rutland
Professional Nurses Services Inc.
Rutland Mental Health Services
New York State Dept. of Personnel – hiring nurses too.

American Express Financial Advisors, Inc.,
Americorps
Americorps/Vista - Boston
ARC
Capital District YMCA (Albany)
Derry Cooperative School District
Enterprise Rent a Car
Girl Scout Council of Vermont
Hubbardton Forge
Kelly Services – now also hiring substitute teachers
Killington Ltd.
Liberty Mutual
Mary Kay Cosmetics
McNeil Reedy, Inc.
New England Center for Children
New York State Department of Personnel (3500 jobs)
Northlands Job Corps Center
Northwestern Mutual Financial Network
Okemo Mountain
Prospect Child & Family Center
ROTC/US Army
schoolspring.com
Southwestern VT Council on Aging
US Border Patrol
UPS
US Army
Vermont Air National Guard
Vermont Army National Guard
Vermont Dept. of Employment & Training
Vermont State Dept. of Corrections
YMCA Camp Chingachgook

Specialty Tables

Castleton – Alumni Affairs
Careers in Higher Education
Dressing for Success with "Career Clothes Closet" with Mary Kay Cosmetics and McNeil Reedy Mens Wear of Rutland
Step Center
Career Development / Non-journalism jobs in Print Media, Grad School Info, Praxis Info including info on Nov 18th Praxis Math Tutoring Workshop, etc.
Internship/Community Service
Vermont Technical College - Earthwatch Program

For more info: CSC Career Development (802) 468-1339
judith.Carruthers@castleton.edu
Or Chrispin.white@castleton.edu

Courtesy of Judith Carruthers

Events

Castleton State College

CROSSROADS ARTS COUNCIL
Courtesy of leQuita Vance-Watkins

Who-Reva Youngstein flute Nina Turkington piano Daniel Spitzer clarinet
What-CHAMBER TRIO
Where-Herrick Auditorium-Staford Academic Center-Castleton College
When- 2:00p.m. Sunday November 3
Why-Come for music and tea at 2:00 p.m.

Rutland- Crossroads Arts continues its Sunday at Two concert/tea series 2:00 p.m., Sunday 3 November with a chamber trio in Herrick Auditorium, Stafford Center, Castleton State College. Reva Youngstein, flute; Nina Turkington, piano: Daniel Spitzer,

Clarinet comprise this outstanding chamber group. All Sunday at Two concerts are followed by a tea reception with the artists.

Flutist Reva Youngstein says she is most pleased to return to Rutland, after her performance here last year in Crossroads' premiere of Song of Witness with renowned baritone Christopher Nomura. In her native New York, Reva performs with several orchestras including the New Jersey Symphony, The Princeton Symphony, Bronx Arts Ensemble, and the Jupiter Symphony,
With who she is featured soloist.

Pianist Nina Turkington actively performs with soloists and chamber music ensembles in the Amherst area. In addition, she frequently is a coach for instrumentalist and chamber groups. She is a graduate of Oberlin College Conservatory of Music.

Clarinetist Daniel Spitzer completed his eighth season as Principal Clarinetist with the Mississippi Symphony in 2000, and then returned to his native New York to free-lance. Since his return, he has performed with the Orpheus Chamber Orchestra, New Jersey, American, Riverside, and Princeton Symphonies, the Northeastern Pennsylvania Philharmonic Symphony and the Newark Grand Opera and Broadway shows including "The Music Man," " Beauty and the Beast," and "The Producers". His recordings are on the New World, Koch and Newport Classics labels.

For their Sunday at Two concert the trio will perform works by Schubert and Gould among others.

Tickets for Sunday at Two are $10 general; $5 seniors over 60 and for students.
For additional information 775-5413.

Middlebury College

November 15-16, Friday - Saturday
David Dorfman Dance
Center for the Arts, Dance Theatre, 8:00 p.m. each evening: Ten years ago, David Dorfman celebrated the opening of the Center for the Arts with us, and now they're back with Paul Matteson '00 in the company and six New York Dance and Performance ("Bessie") awards. A wryness of tone, an engaging dramatic framework, and exuberantly athletic dance define the choreography of David Dorfman. The company will perform their newest piece, To Lie Tenderly, in which Dorfman explores the possibility that movement can lie, and Subverse, which seeks the reality lying beneath surface perceptions. Both pieces weave words, images, music and memories into the sweep of movement onstage. Join us as we welcome this delightful group of artists for the CFA's tenth anniversary. Sponsored by the Middlebury College Performing Arts Series, the Center for the Arts, and the Department of Theatre and Dance. Tickets: $10/$8/$5 (Buy tickets now-available Sept. 9)

Saturday, November 16
The Cure
Dana Auditorium, 3:00 and 8:00 p.m.: Detective Takabe investigates a series of identical murders in which the victims are found with an X slashed through their chest. The killer remains at the scene of the crime, unable to recall the events leading to the homicide. Sponsored by the Hirschfield Film/Video Series. (111 min., 1997, Japan) FREE

Sunday, November 17
Thomas Trotter, organ
Mead Chapel, 3:00 p.m.: Thomas Trotter is the organist at St. Margaret's Westminster Abbey and occupies the prestigious post of Birmingham City organist. He has concretized all aver the world, including last year's Edinburgh Festival, where he played eight recitals. Trotter will put Mead Chapel's excellent Gress-Miles organ through its paces in a program of music by Bach, Messiaen, and Durufle. Sponsored by the Middlebury College Performing Arts Series. Tickets: $10/$8/$5 (Buy tickets now-available Sept. 9)

Tuesday, November 19
Behind the Scenes Lunch and Discussion: The Illusion
Wright Theatre, 8:00pm each evening and 2:00 p.m. on Saturday: Reality and illusion intersect in the cave of the magician Alcandre, where a father comes searching for his estranged son. In this witty adaptation of Pierre Corneille's L'illusion Cornique, the 1639 fairytale-fable about love, lunacy, and betrayal proves timeless...and an utter delight! Directed by Claudio Medeiros '90. Sponsored by the Department of Theatre and Dance. Tickets: $5/$4/$3; on sale Thursday, November 7.

Friday - Saturday November 22-23
New Dances, A Fall Dance Concert
Center for the Arts, Dance Theatre, 8:00 p.m. each evening and 2:00 on Saturday: New choreography highlights this evening of dances by students and faculty, including the performance of the 4th annual New Corner's Piece, directed by Penny Campbell, and a new men's piece, choreographed by Peter Schmitz. Tickets: $5/$4/$3; on sale Friday, November 8.

Saturday, November 23
Sexy Beast
Dana Auditorium, 3:00 and 8:00 p.m.: Gary is a small time hood happily retired in Spain, when an old colleague, Don, arrives with a suspicious "one-last-job" deal. Don is hypnotic as the underworld kingpin who won't take no for an answer. Sponsored by the Hirschfield Film/Video Series. (88 min., 2000, Britain); FREE

Sunday, November 24
Diana Fanning, piano
Center for the Arts, Concert Hall, 4:00 p.m.: Pianist Diana Fanning offers Bach's dramatic Chromatic Fantasy and Fugue, Beethoven's noble Sonata Op. 110 selected Images by Debussy, and Chopin's brilliant Scherzo in E Major. "Diana Fanning transported her audience into a scenic paradise." Suddeutsche Zeitung, Munich. FREE

Birdseye

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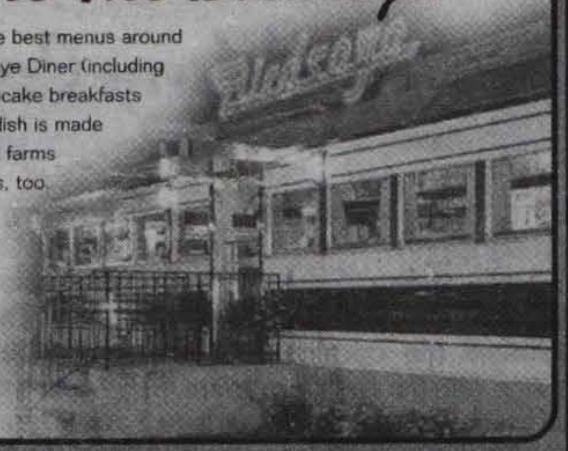
Enjoy great food from one of the best menus around in a classic setting at the Birdseye Diner (including counter seats). From hearty pancake breakfasts to juicy custom burgers, every dish is made with fresh ingredients from local farms and suppliers. Vegetarian dishes, too.



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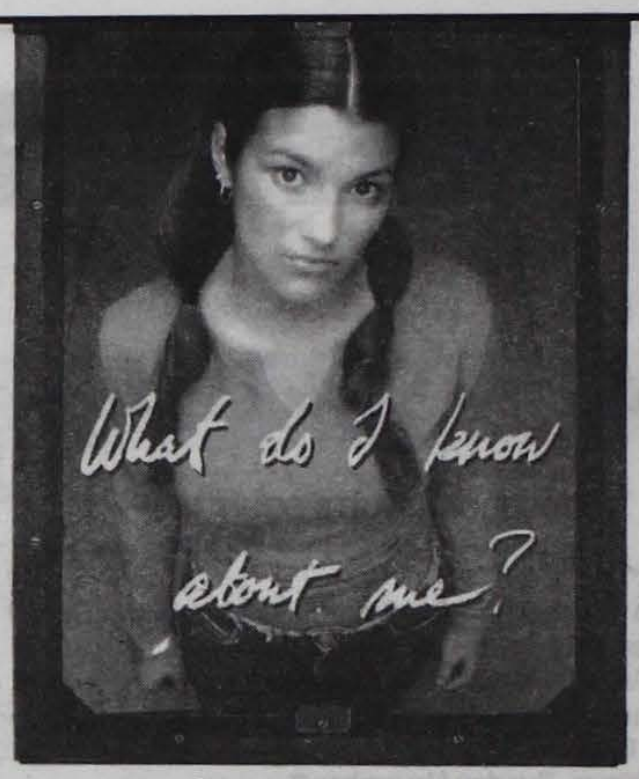

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campus Chat

Photos and comments by Jen Arthur

What was your most memorable **Halloween** moment?

Megan Strain
"When my mom dressed me up in a cheerleader costume that had my name on the front and I had pigtails and pom-poms on my shoes and she made me do a cheer at every door"

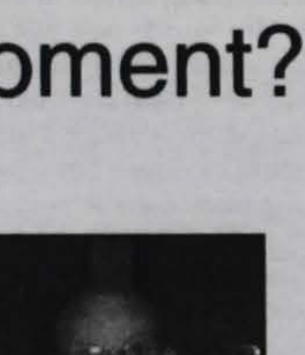
Ron Clark
"When I dressed up as a scarecrow and I'd wait by my door for the trick -or-treaters to come up and then I would jump up and scare them."

Chris Centola
"In 8th grade, me and my buddies lit the street on fire with gasoline."

Jake Brush
"When I was egging with my friends and some-one threw eggs that went right through his front door and smashed all over the kitchen."

Mitchell Wenz
"Blowing up mailboxes with dry ice."

Robin Bergeron
"Going to the party at Cemetary with my friends."



Kevin Kelly
"Watching the Halloween parade in Rutland in the cold and pouring rain with my cousins when I was 13."

Victoria Belden
"One year I was supposed to be a witch, but the girl who painted my face to look more like a frog in a black cape."

Gerilynn Swede
"Filling a whole pillow-case with candy!"

Is Castleton State College *Haunted?*

By Crystal Johnson
Staff Writer

You may hear many things about the ghosts on campus. Many will tell of a ghost in the third floor Ellis bathroom, or the ghost in the Old Chapel just off campus. Have you heard the story about the ghost in the Fine Arts Center? Well brace yourself because now you will know about all the tales that haunt the campus.

The Old Chapel, which used to be attached to Woodruff Hall, was once the old Medical School. Legend has it that the old chapel is haunted by a ghost of a body-snatching victim. Her body was stolen from a nearby cemetery and used for experiments by soon-to-be medical students. When they were finished with the body, they hid it under the floorboards with other bodies they had previously used. The building was relocated in 1969 and moved to its current location off campus. When workers were renovating it, they found many sets of skeletons under the floors, including a headless one. Some people say that they have seen someone or something standing in the window on the top floor of the Chapel. When inside, some claim that they hear and feel strange things. The room gets colder and there is something that is just not right. Some hear what they think to be footsteps and voices as well.

On the third floor in Ellis, many have reported that there are strange occurrences there as well. A college student was terribly sick at the beginning of the 1980's and because no doctor could really find what was wrong with her, she died. She is said to haunt the left side of Ellis in the bathroom where she reportedly turns on the faucets and showers. The lights will unexpectedly get turned off and the stall doors have even been known to move by themselves when nobody is inside. One girl recalls a time when she was showering at night after a party. She was the only girl showering at that time and when she had just finished rinsing her hair, she turned around and saw a shadow outside the inner curtain. She was frozen with fear and when she decided she couldn't take it any longer, she pulled back the curtain just a little and saw that there was nobody there.

Many years ago in the Fine Arts Center, there was a hanging suicide. Apparently the student was doing horribly in her classes and decided to end it all. She hung herself in the Fine Arts Center where everyone would see her body. Her suicide note just said, "I can't do it." Now, there are strange occurrences at the site of her death. Cold chills, cold drafts and eerie creaking sounds have been reported to plagues the Fine Arts Center. Those who have witnessed the strange sounds identify them with the sound of something swinging by a rope but when they look up to investigate where the sound of coming from, there is nothing to be found.

Are these the trademarks left by a ghost or someone's imagination? You can believe it or not. Many people, graduated or still attending have the same view of these "stories": they are as real as can be.

Devil's Night

By Corrine Cassela
Staff Writer

Jen Arthur

The night sky is pitch black save a few stubborn stars that manage to shine through. The moon is full and has an eerie red tint to it. As you walk down the long deserted street you hear screams and car alarms in the distance. You suddenly feel a chill that starts at the base of your neck and works its way down to your spine, erupting into a full on shudder. You pass houses full of sleeping children with dreams of candy and trick or treating floating through their heads. You watch as a group of kids take off running around a corner yelling and laughing, their arms full of toilet paper and shaving cream. The wind begins to smell of lighter fluid and burnt tires as you pull your jacket closer against the wind. Suddenly orange and red sparks begin to crackle and sputter in mid air. You watch in horror as the car across the street is engulfed in flames. The light from the blaze illuminates a boy's face, a strange look appears in his eyes as he watches his handiwork. He then takes off down the street like the other kids before him. You just stand there and stare as the once powerful automobile is reduced to molten metal.

For most people the night before Halloween- sometimes known as "Mischief Night," "Cabbage" or "Devil's Night," is usually associated with childish pranks such as toilet papering houses and smashing pumpkins. But for the residents of Detroit, Michigan, where October 30th is known as Devil's Night, it takes on new meaning. Mischief Night was originated by the residents of Detroit as a night of pranks and rebellion by the teenage population. Soon it changed into Devil's Night, famous for mass vandalism and arson. Now, words like horror and destruction are more closely linked to the holiday than that of candy or costumes. People have been known to set entire blocks on fire and literally tear apart the city.

In the past couple years, the mayor of Detroit and over 35,000 volunteers have organized a counter attack on the vandals. Tired of living in fear they organized what is now called Angels Night. Angels Night is an anti-arson campaign geared toward making Halloween a safe holiday for everyone to enjoy. As a result of this campaign, children under 18 have a strict curfew. Minors cannot be seen loitering on the streets without an adult, between at 6 p.m. on October 30 and 6 a.m. on October 31.

Halloween and Devil's Night date back to the time of the Celts, about 2,000 years ago. The original Halloween started out as the Pagan Celtic festival of Samhain. The Celts, being superstitious people, felt that this night was when the barrier between the living and the dead was the weakest. All Hallows Eve, as it was formerly known was brought to the United States by early Irish immigrants. It soon became widespread as the potato famines of the mid-19th century caused an influx of Irish immigrants to come to this country.

Halloween, once known as a night when the spirits of the dead came out to haunt the living, is now a time for vandalism and candy consumption .Yet despite the somewhat leery reputation it carries, the lore of Halloween and the night before still haunts us. Few people can deny that they have been swept up in the fun of the holiday at least once in their life. Whether you think of it as Mischief Night, or Devil's Night, or just the night before Halloween, the festivities should prove to be exciting.

For The Record

The article titled College students take time to was written by Staff Writer Rebecca Becker.

Shannon Lowcock contributed the announcement about Gender Violence.

Mareisa Weil wrote the Events Page.

The second events page of the last issue consisted of Events at Middlebury College.

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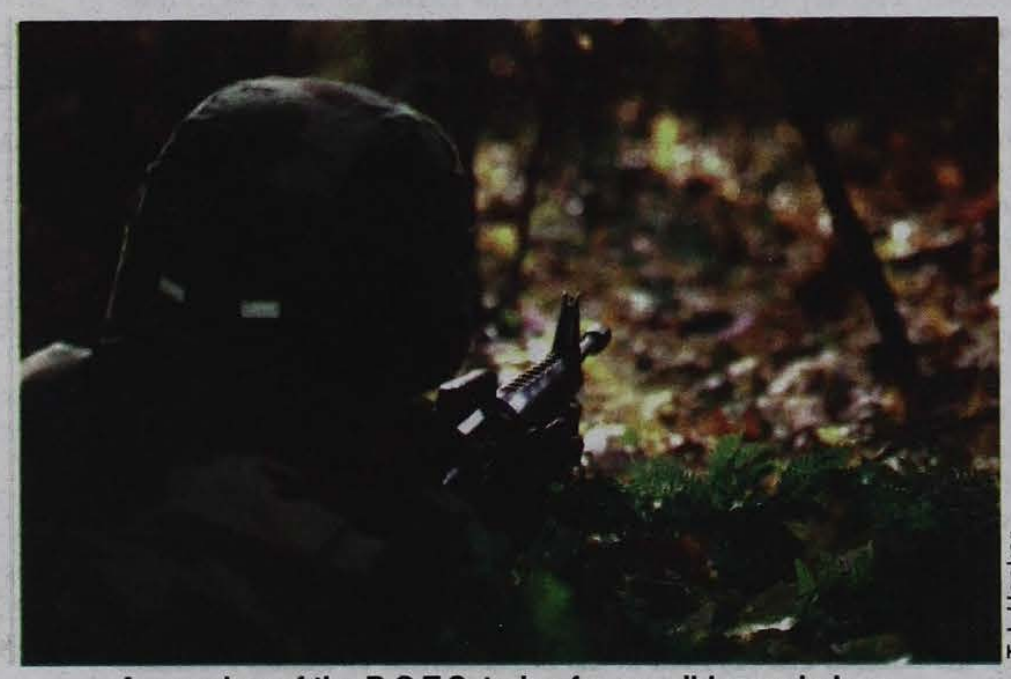
The Cairn

November 13,
F02.5

Debate over War with Iraq

By Scott Lanphear
Staff Writer



T.J. Hooker

A member of the R.O.T.C. trains for possible war in Iraq.

On Wednesday October 23, 2002, a history professor and a former mayor of Rutland debated over whether the United States should declare war on Iraq. They argued their cases to an audience of students and faculty members in the Castleton Fine Arts Center.

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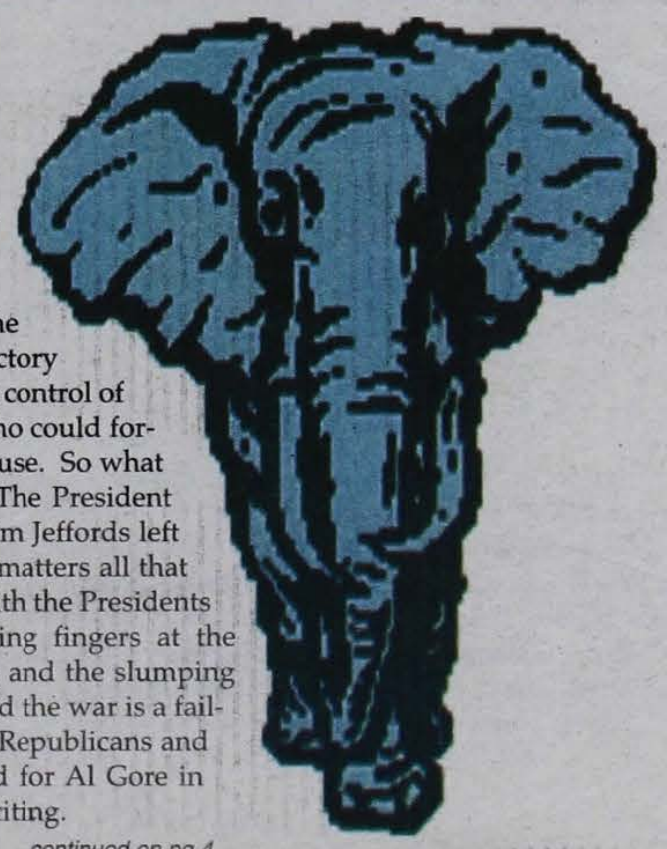
And The Elephants Came Marching In



By Peter A. Sutters Jr.
Staff Writer

With the results of the mid-term elections in, the Republican Party has walked away with a resounding victory nationwide and in the state of Vermont. The GOP now has control of the House of Representatives, the Senate, and of course who could forget Dick Cheney, I mean George W. Bush, in the White House. So what does this mean for the country for the next two years? The President now has the mandate that he lost after Vermont Senator Jim Jeffords left the Republicans and became an Independent. Not that it matters all that much since Democrats have been siding more and more with the Presidents agenda. The political talking heads are already pointing fingers at the Democrats for not challenging Bush on the war with Iraq and the slumping economy. On the bright side, if the economy is still bad and the war is a failure (Did I say bright? I mean realistic.), we can blame the Republicans and oust Georgie Pie just like we did his Pops. So get excited for Al Gore in 2004. (Hey, that rhymes). But, seriously, Al Gore is not exciting.

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The Cairn

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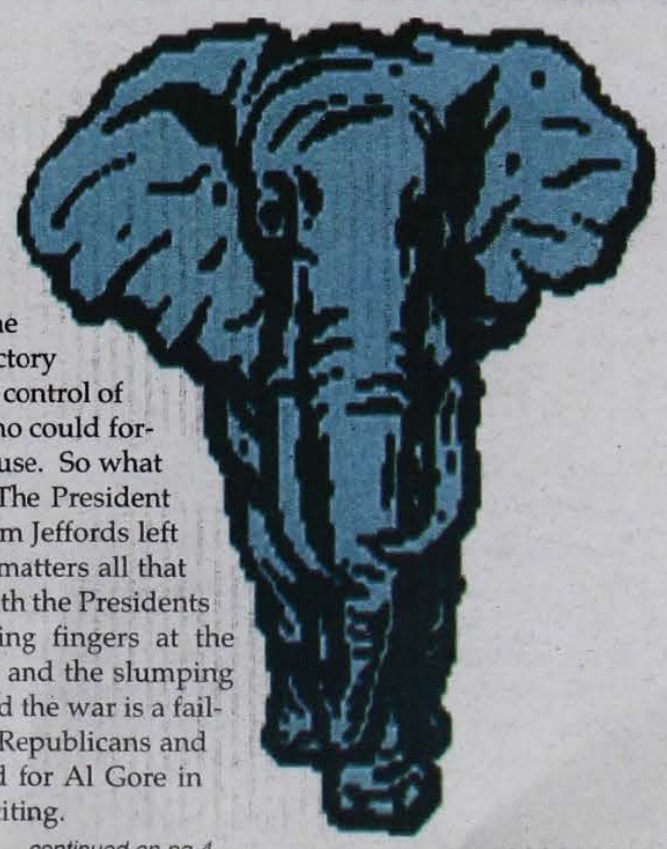

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Editorial.

The Media Lie?

We have become a society who does not believe the media. Or have we? I hear numerous comments from people who do not watch the news or do not read a particular daily paper because of what they claim to be poor reporting or out right lies.

Perhaps these people have never met the people who do read newspapers or watch broadcast news and take everything the newscaster tells them as fact. Or how about the people who can not distinguish between reality and fantasy. You could see where they would have trouble differentiating between the two when you consider shows such as Survivor and The Mole.

So I ask these people who think that the media lies: is the media responsible for education as well as information? Is it the media's responsibility to provide background information for all issues so that the reader or viewer does not have to do any research on their own?

I always thought that the media were here to make people aware of issues and then it was the individuals responsibility to make their own decisions based on their own research. Maybe it is easier to say that the media lie so that we do not have to find another excuse for not reading the newspaper, or taking the time to research who we elect into office.

It is only with the introduction of journalism that individuals living in a democracy could let their voice be heard. It is only because of journalism that Woodward and Berstein uncovered the scandal that resulted in the impeachment of former President Richard Nixon.

I bet the journalists who travel to places of war and sacrifice their lives every day trying to uncover the truth did not know when they started their careers that they would be lumped together with all media outlets and called liars.

April Garvey
Editor in Chief

Carin Staff

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Student Input Appreciated

By Billie Pisaniello
Features Editor

The Aramark Company, in charge of dining facilities here on campus, has completed this semester's cafeteria survey. The staff await the results and will use students' suggestions in planning changes to dining services.

Aramark has made a strong effort to ensure that students are being heard. In addition to administering the recent survey, they issue comment cards and a newsletter.

Assistant Director Sharon Delio and Chef David Bofinger also offer a luncheon forum each Wednesday at 1:00 p.m. At that time, they are more than willing to address any questions or concerns that students have. Students' opinions will not be heard unless they make the effort to communicate with the dining service staff.

Next time you are in Huden, pick up a newsletter. (They are in a stack next to the silverware.) You will find menu updates, special events, and dining news. Remember, if you have something to say, do not just complain to your friends. Address the issue with the Aramark staff by attending the weekly lunch forum.

ARAMARK

Letter to the Editor

Another November 5th has passed us by. Did you vote? In the last congressional election, which was in 1998, only 13.5% of registered voters between the ages of 18 and 20 actually voted. The percentage for those between 21 and 24 was a little higher, reaching about 20%. What gives?

Apathy, that's what gives. American Heritage College Dictionary defines apathy as a lack of interest or concern, especially in matters of particular interest or appeal, and I think an election definitely counts as a particular matter of interest. 86.5% of people around my age didn't vote last election for state representatives, and in the last presidential election, 71.6% of those same young people didn't vote. Did you ever stop and think that maybe that whole Bush stealing the election fiasco was our fault? Sure, he has a dream team of lawyers and state officials in his pocket, but when barely half of the whole population of voting age constituents makes it to the polls, can you really blame George W. for taking advantage of a disaffected and apathetic country?

Voting is power, and our whole country is just throwing it away. We seem to have forgotten that this great nation is built on revolution. OK, so maybe the revolution was started by the same group of crusty old white guys that have maintained power for the last two hundred years, but it's founded on revolution nonetheless. As our esteemed Cairn staff writer Pete Sutters pointed out, you could even vote for yourself. But even better would be to organize and schmooze, and put somebody in there that represents us. You know that friend you have that knows a lot about politics? Maybe he would make a great governor, or senator.
The old adage says "Money talks", but it's your mouth that does the real talking, and your legs that do the real walking, money and bullshit aside. When you get frustrated by the computers in the library, think about voting. The right elected official would give money to state schools. The same goes for the teacher that you think is as dull as curling linoleum. The right elected official would provide incentives to lure quality teachers to Vermont state schools. Let's take it even further! When you get busted for having a beer at a party, remember: the right elected official could lower the drinking age back to 18! Every election has repercussions that manifest themselves in everyday life. We are fortunate enough to live in a country where change is possible, and as college students, we should be the harbingers of that change.

In another two years, the presidency will be up for election. That's two years of campaigning that some enterprising young man or woman could have. Instead of letting those 65 and older steer the election in their direction once again, use your voice, and your vote, to put someone in office that will affect the kind of change that YOU want to see. Don't be the person on any November 5th saying, "I don't know or care."

continued from cover

So how goes the great State of Vermont you ask? Uh, Replcratpendent (sound it out). Jim Douglas and Brian Dubie, both Republicans, won Governor and Lt. Governor respectively. These races could have gone to the legislator because no one won 50.1% of the vote, but both Democratic candidates conceded the race keeping their campaign promises, bravo. The Democrats retained and even gained seats in the Vermont Senate, but the Republicans still have control of the House of Representatives. Vermont's lone congressional seat was handily by incumbent Bernie Sanders, Independent, over Republican challenger Bill Meub. Locally, the Republicans retained the Rutland county seats in the Senate, and Republican incumbents Bob Helm and David Rogers fought off Independent Challenger Pat Eagan to serve Castleton, Fair Haven, and West Haven in the House of Representatives. Vermonters also passed an amendment to the state Constitution allowing Judges to serve past 70 years of age, hey Strom Thurman just retired from the Senate after 46 years and he is going to be 100 next month, hooray for the elderly.

In the end the important thing is that of about half of everyone in America who voted, just over half of them wanted the Republican party to be in control of American politics, so to that 26%, kudos, I look forward to lower taxes and war. Cheers!

continued from cover

weapons were used, chemical genocide against the Kurds in the northern part of Iraq, and the 1990 invasion of Kuwait. After the Persian Gulf War of 1991, Wennberg said, the U.N. Security Council passed a resolution to allow weapons inspectors into Iraq.

Wennberg went on to say that in 1998, Saddam Hussein expelled weapons inspectors out of Iraq. They were welcomed back after President Bill Clinton threatened to use ground troops, but by the end of the year, they were thrown out again, and nothing has been done for four years.

Wennberg then listed reasons why the United States should be concerned with Iraq's weapons of mass destruction. He said that the U.S. has a humanitarian interest in the lives of the people of Iraq. Another reason we should care, he said, is because after September 11, 2001, America has become vulnerable to attacks by "well-organized suicidal agents." Wennberg noted that if the U.S. was justified in bombing such places as Yugoslavia and Afghanistan, there is no reason it would not be justified in invading Iraq.

He continued by saying that many people feel that a war with Iraq will divert the nation from its war with al-Qaeda. However, he said that it would not divert anymore than the nation's war with Hitler in World War II diverted attention from the Japanese.

Wennberg justified a pre-emptive strike against Iraq, noting that Hussein has defied U.N. resolutions 16 times since the end of the Gulf War. He noted that Kennedy's blockade of Cuba in 1962 and the attack on Libya in 1986 were both pre-emptive measures that were justified. He then said that many people think that a war would destabilize the region, but said it would be no more destabilized than if Iraq acquired nuclear weapons.

Wennberg closed his argument by saying that war is inevitable as long as Saddam Hussein remains in power with weapons of mass destruction. He noted that Bill Clinton didn't succeed in disarming Hussein, and neither has Kofi Annan, the UN Secretary General, but said that President George W. Bush may succeed.

Next, Professor Charles Pregger-Roman of Castleton's history department took the stage. He conceded that no one can say that Saddam Hussein is a decent leader. He went over the history of the U.S. in the Middle East since World War II. He noted that during the Iraq-Iran war of the 1980s, the United States backed Iraq against Iran.

Preggar-Roman said that the main reason that the United States wants to go into war is because of "oil, oil and more oil." He noted that oil from Iraq would make up for an unstable government in Saudi Arabia. Oil in Iraq would substantially increase our oil.

He added that control of Iraqi oil would also weaken Arab support for the Palestinians, weaken OPEC's hold on oil, and potentially add billions of dollars for the oil businesses, which are strongly linked to the Bush Administration.

He went on to say that before the invasion of Kuwait, the U.S. Ambassador to Iraq had no objections to a "rectification of boundaries" requested by the Iraqi government. He then dispelled other myths that many people have. He said that although some allege that Saddam Hussein has ties with al-Qaeda, in fact they are sworn enemies. He said that although the majority of the Iraqi people oppose Hussein, they hate the United States even more. He concluded by saying that an invasion of Iraq would have "devastating consequences for the region, and for us."

After the two sides finished their arguments, the floor was opened to questions. Wennberg was asked what he thought the best solution was. He said the best but unlikely solution was to bring in weapons inspectors and ground forces to weaken Hussein's power. The next best solution, he said, would be to capture Hussein and have him brought before the tribunal.

The next question asked of Wennberg was whether it was worth the destruction of millions of Iraqi civilians. Wennberg responded that such "collateral damage" is necessary in any war in order to achieve a goal. He was then asked whether he thought the ends justified the means. He responded by saying that there are many "what ifs" looking at history, looking at how many lives could have been saved. He compared the current situation to the situation with Hitler in World War II, saying that if he hadn't been appeased, more lives could have been saved.

T.J. Hooker

Members of the R.O.T.C. train for possible war in Iraq.

Another Vacation?

By Corinne Casella
Staff Writer

Castleton State College has a break scheduled every five weeks throughout the school year. Students have varying thoughts on whether five is too many.

Many students are satisfied with the number of breaks that are scheduled into our school calendar. "I love it, its a nice relief and always comes at the perfect time," said Amanda Scott, a sophomore.

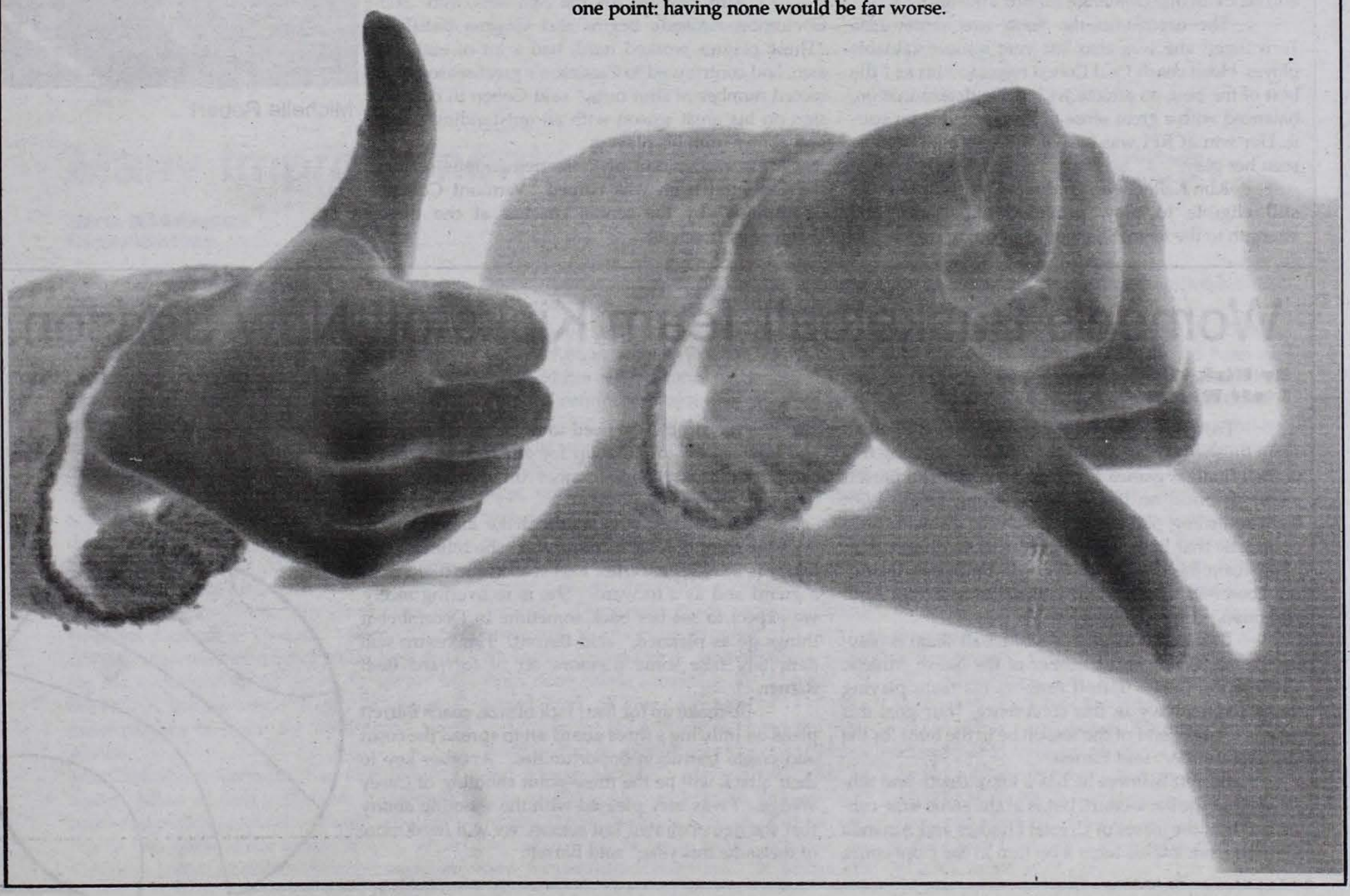
Many students feel the frequent breaks help keep students focused on their schoolwork. Jenn Gessner, a junior, is one of them. "I think it's really beneficial, " Gessner said.

Others noted that the number of breaks allows students to go home to jobs and make money and that it helps lessen the stress that school can create. As one student put it, "It's just nice to go home once in a while."

There are also a number of students who dislike having breaks so often. Maggie McCarthy, a junior, is one of them. " I don't like it. It's a pain for me to find a way home and back for each break. I also think that they fall too close together. I would rather have fewer breaks and get out of school earlier at the end of the year."

Sophomore John Wright is more concerned with the affect it has on his schoolwork. "I dislike it, it interrupts my homework flow. I forget what we were working on before the break," Wright said.

Whether for or against frequent breaks, everyone seems to agree on one point: having none would be far worse.



Women's Tennis Ends Record Season

By Lindsay Hale
News Editor

The Castleton Women's Tennis team just completed their best season ever, with a record of 9-1, including six shut outs. The team is part of the NCAA North Atlantic Conference (NAC) which in tennis contains only two other teams other than Castleton, Becker College and Johnson State. There weren't enough teams in the NAC to be able to do a post-season conference championship. There has to be at least six teams in the conference to have a post-season championship. The team is trying to get into a different conference to add more teams to the roster and to get a championship match, but to increase the competition. The Castleton team dominated the competition and shut out all the other teams. They have applied to other conferences; one is the Little East Conference, which includes Plymouth State. If the application is accepted, you can plan to see the team as a part of the Little East Conference. Other Castleton teams are also debating about staying in the NAC because most of the time Castleton dominates the competition. By adding more teams, there will be more of a challenge for our athletes.

The captain of the team was senior Lisa Terwilliger; she was also last year's most valuable player. Head coach Paul Cohen refers to Lisa as " the best of the best, an athlete with drive determination, balanced with a great sense of humor and team spirit. Her win at RPI was one of the best matches I've seen her play."

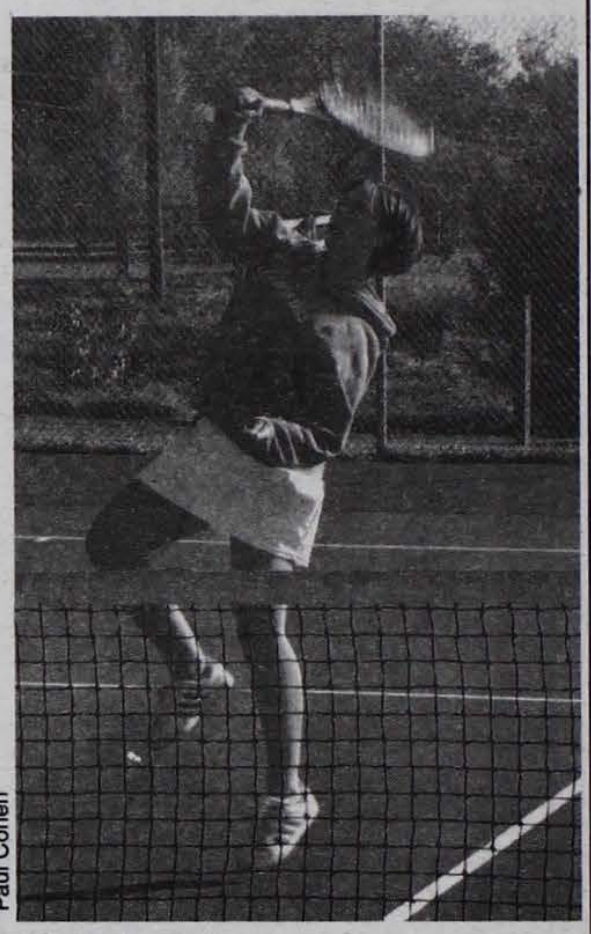
Kim Keller, who graduated last year but was still eligible to play, provided experience and strength to the team. She would sit out of matches to allow new players to play. Cohen mentioned that "Kim really showed a lot of poise and maturity. She took on the heat at number one when we needed her to, but was gracious enough to suggest our freshmen take her place when appropriate."

Maggie McCarthy, a junior from Newport, Vermont, along with Terwilliger and Keller was part of the 2000 squad that won the NAIA Northeast Regional Championship and sixth straight Mayflower Conference titles. She was one of the two players who finished the season undefeated in both singles and doubles.

McCarthy was joined by two former high school teammates, twin sisters Chantal and Michelle Roberts who are both freshmen. Michelle and Chantal were both top notch players in New England. Cohen said that "Michelle is one of the brightest prospects I have ever seen; the tougher the match, the better she played." Chantal Roberts, also an outstanding player, compiled an impressive record with only one loss.

Also playing for the Spartans were Stef Coulombe, Amanda Begins and Gayana Badalyn. "These players worked hard, had a lot of enthusiasm, and contributed to Castleton's great season and record number of shut outs," said Cohen in conclusion on his great season with an outstanding effort and ability from his players.

In recognition of there tremendous season the Castleton team was named "Vermont College Champions" by the tennis coaches at the three Vermont state schools.



Paul Cohen

Michelle Robert

Women's Basketball Team Kicks off New Season

By Kirk Middleton
Staff Writer

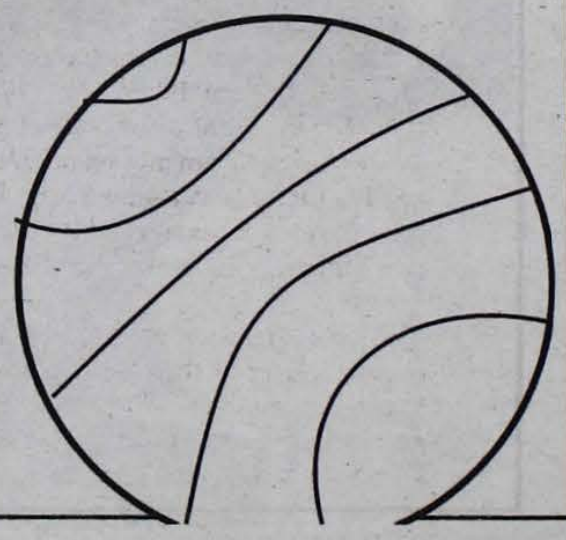
Last season the Castleton Women's Basketball Team finished strong to end their season, winning five of their final six games. Second year coach Tim Barrett wants to build on last season's strong finish. With eight returning players from last year's squad, he is optimistic that he has the ingredients to do just that. "This team has a strong nucleus of returnees, including good senior leadership in Lora Johnson and Andi Kaufman," said Barrett.

Castleton's Women's Basketball Team is playing its fist season as a member of the North Athletic Conference. Coach Barrett foresees his team playing very competitively in this conference, "our goal this year is to at the end of the season be in the hunt for the conference title," said Barrett.

Barrett believes he has a lot of depth and athleticism in the back-court, but is at the same time concerned that the losses of Crystal Hughes and Amanda Cornett have left his team a bit thin in the front court, also less physical. "We need to be better rebounding and boxing out, to make up for our lack of size, we can't give up second chances on defense," said Barrett.

One player who might make an impact in both the front and back-court when she returns from injury is Elizabeth Martin. Last season she filled in as a guard and as a forward. "She is recovering nicely, we expect to see her back sometime in December if things go as planned," said Barrett. Her return will definitely take some pressure off of forward Beth Ratner.

To make up for their lack of size, coach Barrett plans on utilizing a three guard set to spread the court and create transition opportunities. Another key to their attack will be the three-point shooting of Casey Wedge, "I was very pleased with the shooting ability that she demonstrated last season, we will need more of the same this year," said Barrett.



SPORTS REPORTS

Castleton defeats Johnson

John Klein
Contributing Writer

Excited about Castleton's new cross country course, Michelle Bird (23:19) pushed to the front of the lead pack and held on for a 12 second win over Johnson's Jenna Harris as Castleton defeated Johnson State in a rare dual meet 22-38.

In the last mile, Harris closed, but with 300 yards to go, Bird surged down tennis court hill, splashing through a long, ankle-deep puddle and was able to extend her lead at the finish. Cindy Kilic (24:01) was third for Castleton, followed by Johnson's Sarah Sanders.

Castleton's Katie Taylor, Katie Martin, Jennie Beth Schoonejongen and Alyssa Mease took the next four places, sealing the win. Castleton and Johnson will compete again next week in the eight-team North Atlantic Conference Championships at Elms College in Chicopee, Mass.

Castleton's men's team, slated for a dual meet with Mt Ida and found itself in an intra squad meet when Mt Ida's team returned home due to snow and hazardous driving conditions.

Kyle Vinton, Joe Smith & Jace Klein defeated the Ninjas (Keenan White, Mitch Wenz and Ryan Cymmerman) in spite of White's 30:05 on the new Castleton men's course.

Many Improvements Made to Women's Soccer

Kirk Middleton
Staff Writer

In the North Atlantic Conference (Quarter-Finals), the Castleton State College Women's Soccer Team's season came to an end in a loss to Bay Path College. Castleton headed into the playoffs feeling strong; the team had won three of its final four regular season games. Kendra Sobiech had a great season, scoring 8 goals and assisting on 13 more. She was named the team's MVP.

New Head Coach Al Alvine has seen weak soccer programs in the past make sudden and drastic changes in the right direction. He attended Robert Morris University in Pittsburgh, where he started for four seasons as a defenseman 1980s. "In those days we were the doormat of Division 1 Soccer," said Alvine. Improvements were made, and during his junior and senior years, he played in the NCAA Tournament. "It only takes a few good players to make the difference," said Alvine.

The Castleton women finished at 6-13-1 this season. Many of their defeats were in tightly contested matches; losses were often by only one or two goals. Prior to this season, when Castleton lost, it was often by larger margins. Last season Green Mountain College defeated Castleton 13-0; this year Castleton fought hard in a 4-0 defeat.

Alvine believes that this year's squad exceeded his expectations, and he is satisfied with the continual progress his players have made. "This team's work ethic and attitude are right where they should be," said Alvine. Kendra Sobiech, a senior forward for the team, says that there were many differences between this year's team and the ones in the past. "This year we all arrived and worked hard in the preseason. Now we're all in great physical shape. Fitness is a key factor," said Sobiech. There was much more discipline now and a lot more running this y ear. Alvine's training forced the athletes to show their dedication, according to Sobiech. "I wish he arrived four years ago."

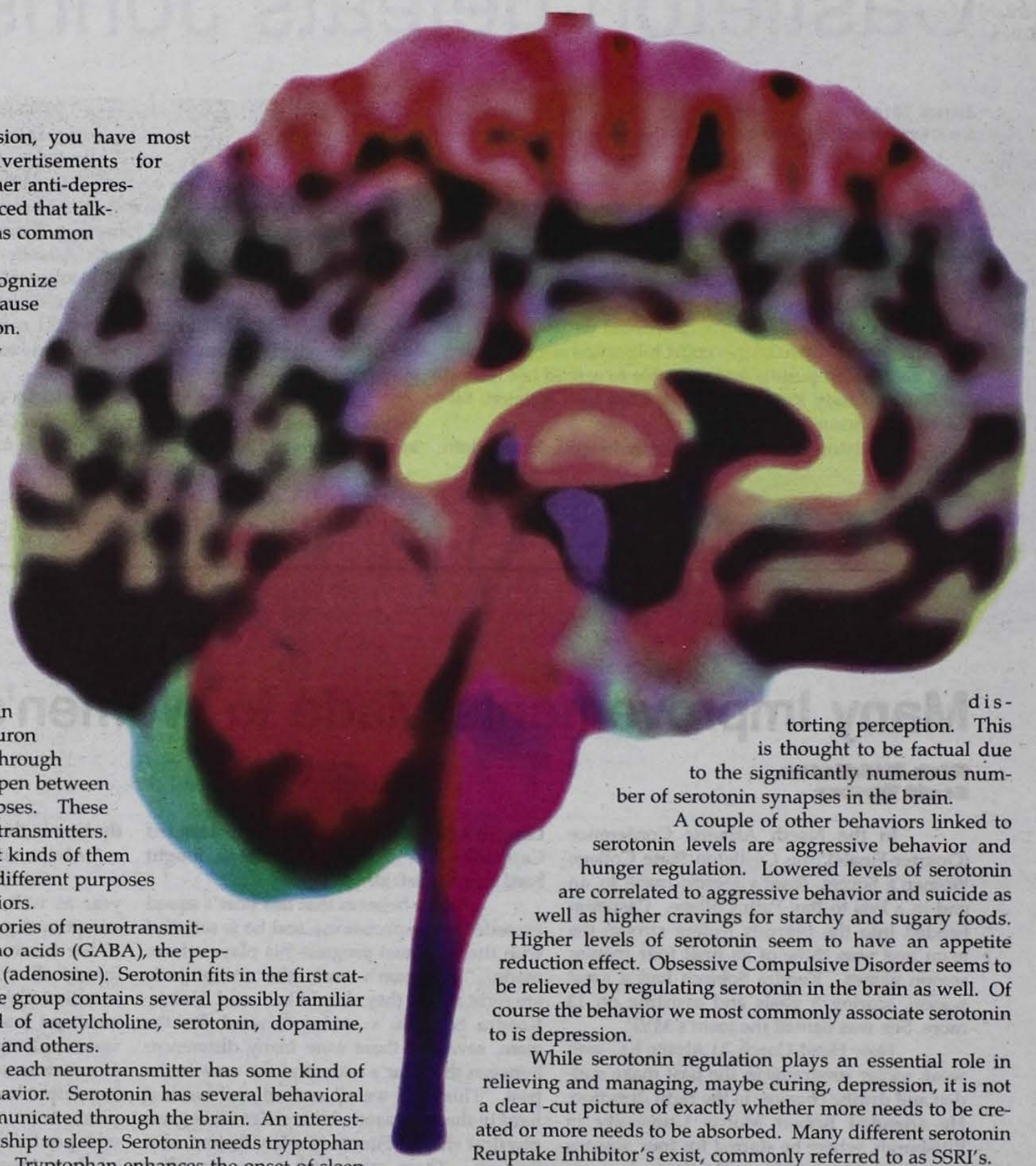
In the net for Castleton was the goaltending duo of sophomores Candace Sherrer and Megan McNeil. Alvine liked what he saw in his goalies-athleticism, bravery and technical soundness of McNeil. Alvine said he enjoyed the friendly rivalry between the two competitive teammates. "It brings out the best in them, by making them work harder," Alvine said.

Castleton's offense improved this year as well. Kendra Sobiech has been an exceptional goal scorer in the past according to her coach, who likes that she has turned into an all around playmaker. "Kendra is an excellent player who brings with her experience and leadership, and now she is an all around player," said Alvine. This season her 13 assists were a total that more than doubled her output last season. Unlike in the past, this year's team has players other than Sobiech who produced consistently on offense. Many of these players are freshman and sophomores who will give the team what they need in the future. "This team has more people who know how to play; there is so much more skill on offense," said Sobiech.

Next year coach Alvine plans on bringing this team up another notch "I plan on recruiting more quality players," said Alvine. He believes that although it will be a challenge without scholarships, he will be able to use Castleton's educational program as a selling point.

SEROTONIN AND THE BRAIN

By Allyson Stoodley
Staff Writer



If you watch television, you have most likely seen numerous advertisements for Prozac, Paxil, Celexa and other anti-depressants. Perhaps you have noticed that talking about depression seems as common as talking about headaches.

Experts now recognize chemical imbalances as the cause of many types of depression. Serotonin is one of the many neurotransmitters linked to mood and other problems and I believe is a term entering our common conversations concerning these topics. It has become a term frequently asked about and worthy of having some reliable information thereof. To understand serotonin, we must have a brief look at the biological information of the brain.

The cells in the brain are called neurons. Each neuron communicates with another through chemical exchanges that happen between them in spaces called synapses. These chemicals are called neurotransmitters. There are over a 100 different kinds of them in the brain, functioning for different purposes and affecting different behaviors.

Some common categories of neurotransmitters are the amines, the amino acids (GABA), the peptides (endorphins), and other (adenosine). Serotonin fits in the first category, the amines. The amine group contains several possibly familiar neurotransmitters comprised of acetylcholine, serotonin, dopamine, norepinephrine, epinephrine and others.

It is said, then, that each neurotransmitter has some kind of connection with human behavior. Serotonin has several behavioral functions in our bodies communicated through the brain. An interesting fact is Serotonin's relationship to sleep. Serotonin needs tryptophan to be synthesized, or formed. Tryptophan enhances the onset of sleep which may yield to a hypothesis that low serotonin levels may be related to insomnia. (Milk and turkey are good sources of tryptophan in the diet.)

Another behavioral function of serotonin is its relevancy to perception capabilities. Some of the perception altering drugs, such as LSD connect to certain types of serotonin receptors which have the effect of distorting perception. This is thought to be factual due to the significantly numerous number of serotonin synapses in the brain.

A couple of other behaviors linked to serotonin levels are aggressive behavior and hunger regulation. Lowered levels of serotonin are correlated to aggressive behavior and suicide as well as higher cravings for starchy and sugary foods. Higher levels of serotonin seem to have an appetite reduction effect. Obsessive Compulsive Disorder seems to be relieved by regulating serotonin in the brain as well. Of course the behavior we most commonly associate serotonin to is depression.

While serotonin regulation plays an essential role in relieving and managing, maybe curing, depression, it is not a clear -cut picture of exactly whether more needs to be created or more needs to be absorbed. Many different serotonin Reuptake Inhibitor's exist, commonly referred to as SSRI's.

Serotonin is naturally occurring in the body as are the other neurotransmitters. Tryptophan is the powerhouse that produces serotonin and is added to our bodies through the food we eat. We need to eat, drink water, sleep well and exercise to help ensure proper regulation of neurotransmitters including serotonin.

GENERIC OR BRAND NAME?

By Lindsay Hale
News Editor

On October 21st President Bush proposed new regulations that would help with the availability of lower-cost generic drugs by limiting the ability of drug companies to prolong patent protections. By doing this it would save Americans, especially seniors billions of dollars. The savings would be achieved though a proposed Food and Drug Administration rule change that would prevent drug companies from filing multiple patent-protection lawsuits, which can stall the cheaper drugs for years. Bush believes that the Drug companies deserve credit for the research and development, but they don't deserve to keep the generic drugs off the market.

Sometimes brand name companies file lawsuits against generic drug makers. The Federal Trade Commission found this year that the big pharmaceutical companies are increasingly using the tactic of filing lawsuits to fend off competition and to keep generic drugs out of the hands of consumers. Sometimes the brand name companies will use the 30- month shield more than once by citing changes as simple label changes. Bush's plan would limit this to a 30-month delay per drug. The White House was also thinking about tightening requirements and increasing disclosure rules for drug patent listings.

If these new regulations go through, there would be three billion dollars saved a year by consumers. "Last year, the average brand name drug cost more than $72 per prescription," said President Bush. He also mentioned that "the average price for generic drugs, which were just as safe and effective as the brand name drugs, were just $17 per prescription." Bush also said that his plan would also allow incentives to encourage the creation of new drugs. Inventors need to be rewarded for their effort and hard work. Companies need to be compensated for putting new resources and talents in the search for medical innovation.

According to the White House, about half of all prescriptions are filled with generics, which cost one third as much as brand name drugs. The administration said the ruling would ease the burden on employers for health insurance with prescription coverage; it would also make it easier for the federal government to provide prescription drugs benefit as part of Medicare.

The Generic Pharmaceutical Association has urged the government to move this way before and mentioned that "the administration understands the need to address the system abuses that have delayed affordable pharmaceuticals to consumers."

The administration will publish its intentions in the Federal Register, open the plan to the public for comment for 60 days, and then move to make the rule.

Jen Arthur

:Join the Social Issues Group

Courtesy of Shannon Lowcock

Social Issues Group

Castleton's answer to social outreach, and community involvement.

Some of our recent activities:

The group has recently helped out with The Fair Haven Concerned clothing drive.
We have collected for our own clothing and suitcase drive, to help individuals in need in the Castleton, Rutland, and Fair Haven communities. We volunteered this October 19th at The United Methodist Church in Fair Haven for their Community Dinner.

Some upcoming activities:

* A possible dinner at the Rose House
* Letter Writing campaign against the War on Iraq
* Guest Speaker Kimmie Weeks
Plus much more!

Everyone is welcome to come and join in!
We would love to hear your thoughts and ideas!
Meets Monday nights, 7 p.m. @ 207 Leavenworth Hall

What is

Zach Green (Sophomore, age 19 Berlin, VT, major: Business Administration and Management): "The sense of community."

Melissa Dsorda (Senior, age 21 Brandon, VT, major: Sociology): "The professors: their caring nature, their honesty, and their flexibility."

Rachel Levins (Sophomore, age 19 Long Island, NY, major: Marketing): "The fact that it's close to Killington, and I get to snowboard."

Deri Wills, Director of Residence Life (age 45 Banton, AR): "That we are a small but growing community."

campus Chat

Photos and comments by T.J. Hooker

your favorite aspect of CSC?

Shannon Lowcock (Junior, age 22 Williamstown, VT, major: Social Work and Sociology, minor: Womens' Studies): "The beauty of the campus. It's very 'Vermonty'."

Jeff Durrenberger (Junior, age 20 Brandon, VT, major: Secondary Education and Natural Science): "The professors' senses of humor."

Jen Durrenberger (Senior, age 21 Brandon, VT, major: Secondary Education and Natural Science): "How accessible the professors are, and the fact that they genuinely care."

Mary Powers (Sophomore, age 19 Bath, ME, major: English): "There are some good professors here and the quarries in the area are nice."

Ryan Matthews (Sophomore, age 20 Ludlow, VT, major: Secondary Education): "The size of the school and classes."

Remembrance Henry (Sophomore, age 20 Barre, VT, major: Criminal Justice): "Rugby and Rachel Levins."

Shannon Boyce (Junior, age 20 Benson, VT, major: Elementary Education and Childrens' Literature): "The quiet, convenient location."

Dean Greg Stone, Dean of Students (age 55, Needham, MA): "The interaction with students, faculty, and staff that allows me to look at ideas in ways different to those I hold."

Events

Castleton Academic Calendar

November 22 - Registration ends Spring '03, 4:30 P.M.

November 26 - November break; Residence Halls close, 6:00 P.M.

December 1 - Residence Halls Open, 10:00 A.M.

December 2 - Classes resume, 8:00 A.M.

December 13 - Classes end, 5:00 P.M.

December 16 - Finals begin, 8:00 A.M.

December 20 - Finals end, 5:00 P.M.

December 20 - Residence Halls close, 6:00 P.M.

Spring Semester 2003

January 14 - New Student Registration Spring '03, 8:00 A.M.

January 20 - Residence Halls open, 10:00 A.M.

January 20 - MLK Holiday - No Classes

January 21 - Classes begin, 8:00 A.M.

January 23 - Convocation 12:30 P.M.

February 14 - winter recess begins; Residence Halls close 6:00 P.M.

February 23 - Residence Halls open, 10:00 A.M.

February 24 - Classes resume, 8:00 A.M.

March 18 - Mid-semester point

March 28 - spring recess begins; Residence Halls close, 6:00 P.M.

April 6 - Residence Halls open, 10:00 A.M.

April 7 - Classes resume, 8:00 A.M.

April 14 - Registration Fall '03 begins

April 25 - Registration Fall '03 ends, 4:30 P.M.

May 9 - Classes end, 5:00 P.M.

May 12 - Finals begin, 8:00 A.M.

May 16 - Finals end, 5:00 P.M.

May 16 - Residence Halls close for all but graduating seniors, 6:00 P.M.

May 17 - Commencement, 1:30 P.M. Saturday *For those students who have evening classes, the Residence Halls will remain open until 10:00 am the next morning.

Events

By Marelsa Weil
Staff Writer

Wednesday, November 13, 2002
Ozomatli feat. Sticky @ Higher Ground in Winooski, VT; 18+; doors 8pm; tics $20 inAdvance, $22 at the door
Looking at Health through Traditional Chinese Medicine @ UVM Montpelier RegionalCenter; 12:15-1:15pm; free; (802) 223-0388

Thursday, November 14, 2002
Melissa Ferrick @ Higher Ground in Winooski, VT; 18+; doors 7pm; tics $13 in advance$15 at the door
The Les Claypool Frog Brigade plus Deadweight @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; tics $20 in advance, $23 at the door
Devra Davis reads from her book, When Smoke Ran Like Water @ Northshire Bookstore In Manchester, VT; 7pm; $3 donation suggested
Pork Tornado feat. Seth Yacavone Band @ Northern Lights in Clifton Park, NY

Friday, November 15, 2002
The Machine does Pink Floyd @ Higher Ground in Winooski, VT; 18+; doors 8pm;Tics $15
Ozomatli @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; tics $17.50 in adv; $20 at the door
The Feed @ Fire and Water in Northampton, Mass; all ages; 10pm-12am; free
Mario Vargas Llosa, novelist and essayist @ Middlebury College in the Dana Auditorium

Saturday, November 16, 2002
The Machine does Pink Floyd (again!) @ Higher Ground in Winooski, VT; 18+; Doors open at 8pm
Granola Funk Express plus Iron Fist @ Pearl Street Nightclub in Northampton, Mass;8:30pm; tics $10 in advance, $13 at the door
The Other Ones @ the Pepsi Arena in' Albany, NY; 7:30pm; $43.50
Robert Mankoff of the New Yorker @ Northshire Bookstore in Manchester, VT: createA caption for his carton and win! 7pm
The Roots feat. Baba @ Middlebury College in the Nelson Arena; doors open at 7pm, Show starts at 8pm; $20 for non-students

Sunday, November 17, 2002
Keller Williams @ Higher Ground in Winooski, VT; 18+; 8pm; tics $15 in advance, $17 at the door
The Butchies plus the Wau Wau Sisters and Trixie Delicious @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; tics $8 in advance, $10 at the door
The Roots feat. Soulive @ Dartmouth College in Hanover, NH
Bob Dylan @ the Civic Center in Hartford, Conn

Monday, November 18, 2002
Howie Day feat. Jason Mraz @ Higher Ground in Winooski, VT; all ages; 8pm; tics $10In advance, $12 at the door

Tuesday, November 18, 2002
Luciano, Warrior King @ Higher Ground in Winooski, VT; 18+; 8pm; tics $16 inAdvance, $18 at the door
Galactic @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; tics $14 in advance, $17 at the door
Derek Trucks Band @ Club Metronome in Burlington, VT; 21+; 9pm; $15
Archer Mayor reads @ Northshire Bookstore in Manchester, VT, from his latest book,
The Sniper's Wife; 7pm

Wednesday, November 19, 2002
Galactic @ Higher Ground in Winooski, VT; 18+; 8pm; tics $17 in advance, $20 at door

Thursday, November 21, 2002
GZA, the Genius feat. J-Live @ Higher Ground in Winooski, VT; 18+; 8pm; tics $20 in
Advance, $22 at the door
The Slip plus Motet and Kaki King @ Pearl Street Nightclub in Northampton, Mass;
8:30pm; tics $12.50 in advance, $15 at the door

Friday, November 22, 2002
The Slip feat. Kaki King @ Higher Ground in Winooski, VT; 18+; 8pm; tics $10 in
Advance, $12 at the door
Sonic Youth plus Liars and Yeah Yeah Yeahs @ Calvin Theatre in Northampton, Mass;
8pm; tics $20
Dickey Betts and Great Southern @ Northern Lights in Clifton Park, NY

Saturday, November 23, 2002
Peter Wolf of J. Geils fame @ Higher Ground in Winooski, VT; 18+; 7pm; tics $18 inAdvance, $20 at the door
DJ Logic and the Rob Wasserman Trio @ Higher Ground in Winooski, VT; 18+; 11pm -
Late show-; tics $13 in advance, $15 at the door
Keller Williams @ Pearl Street Nightclub in Northampton, Mass; 7pm; tics $15 in adv;
$18 at the door; also at 7pm: Madd Muzik Show; tics $8 in advance, $10 at door
Natalie MacMaster @ Calvin Theatre in Northampton, Mass; 8pm tics from $20-$32.50

Sunday, November 24, 2002
The Wailers @ Higher Ground in Winooski, VT; 18+; 8pm; tics $18 in advance, $20 at
The door

Monday, November 25, 2002
Beenie Man @ Higher Ground in Winooski, VT; 18+; 8pm; tics $20 in advance, $22 at
The door; re-scheduled show, all prior tickets honored

Wednesday, November 27, 2002
Guns 'n Roses @ Pepsi Arena in Albany, NY; 7:30pm; tics $46 and $56

Friday, November 29, 2002
Chrome Cowbays feat. TBA @ Higher Ground in Winooski, VT; 18+; 8pm; $5

Saturday, November 30, 2002
The Wallflowers feat. Ours @ Higher Ground in Winooski, VT; 18+; 8pm; tics $23 inAdvance, $25 at the door

Monday, December 2, 2002
Leftover Salmon plus Psychedelic Breakfast @ Pearl Street Nightclub in Northampton,Mass; 8:30pm; tics $14 in advance, $17 at the door

Tuesday, December 3, 2002
Hot Tuna @ Higher Ground in Winooski, VT; 18+; 7pm; tics $20 in advance, $23 at the Door

Wednesday, December 4, 2002
Leftover Salmon plus Spookie Daly Pride @ Higher Ground in Winooski, VT; 18+; 8pm;Tics $14 in advance, $16 at the door

Thursday, December 5, 2002
Cyro Baptista's 'Beat the Donkey' @ Higher Ground in Winooski, VT; 18+; 8pm; tics
$12 in advance, $14 at the door
Donna the Buffalo @ Pearl Street Nightclub in Northampton, VT; 8:30pm; tics $15 in
Advance, $18 at the door
Taj Mahal Trio @ Iron Horse in Northampton, Mass; 7pm and 9:30pm; tics $35 in
Advance, $38 at the door
Leftover Salmon plus Psychedelic Breakfast @ The Pickle Barrel in Killington; 21+; Doors open at 8pm

Friday, December 6, 2002
John Brown's Body @ The Palace Theater in Hamilton, NY; all ages; 8:30pm; $5
Madd Muzik Presents.,,@ Pearl Street Nightclub in Northampton, Mass; 7pm; tics $8
In advance, $10 at the door
Jazz Mandolin Project plus David Fuiczynski's Tao @ Higher Ground in Winooski, VT;18+; 8pm; tics $12 in advance; $14 at the door

Saturday, December 7, 2002
Kool Keith @ Pearl Street Nightclub in Northampton, Mass; 8:30pm; tics $14 in
Advance, $17 at the door
Martin Sexton @ Calvin Theatre in Northampton, Mass; 8pm; tics from $22.50-$32.50

Castleton State College event

Thursday, November 14,2002

Wood & Strings Puppet Theatre
Fine Arts Center
7:00pm
*Wood & Strings Puppet Theatre Company brings two unforgettable puppetry productions. An Ire-ish Tale, raucous comedy, is performed with body and rod puppets. Then a sophisticated drama, Out of the Mist... a Dragon, which is a journey around the world of traditional folk puppetry with carved masks of Native Americans, Punch & Judy from Europe, and rarely seen shadow puppets from Indonesia.
Adult $10, Child $5,
Family with Children up to 4 members $20
CSC (1) free, Any additional tickets will be charged as above.
General Admissions

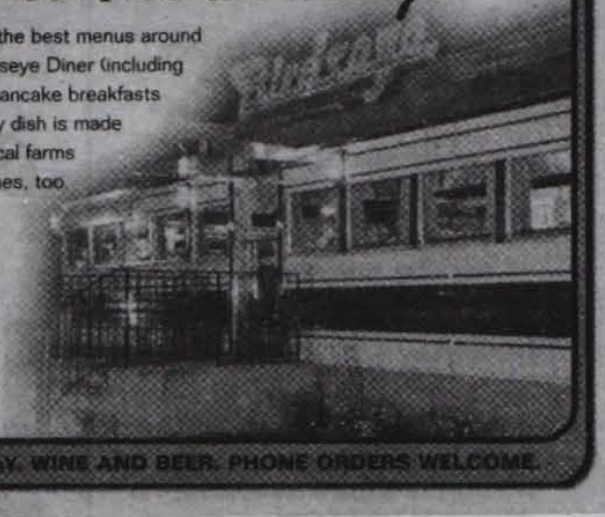
Thursday, November 21, 2002

KORESH Dance Company
Fine Arts Center
8:00pm *Renowned for its powerful stage presence and eloquent style, Philadelphia's KORESH Dance Company has hailed as an extraordinary newcomer to the national stage. Founded in 1991 by choreographer and Artistic Director Ronen Koresh, the company presents its audience with a technically superior blend of ballet, modern, and jazz molded into a style of
choreography that is both uniquely complex and beautiful.
Adult $12, Senior/Child $6
CSC (1) free
All Reserved Seating

Birdseye

Next time you visit Castleton, come down to The Birdseye.

Enjoy great food from one of the best menus around in a classic setting at the Birdseye Diner (including counter seats). From hearty pancake breakfasts to juicy custom burgers, every dish is made with fresh ingredients from local farms and suppliers. Vegetarian dishes, too.



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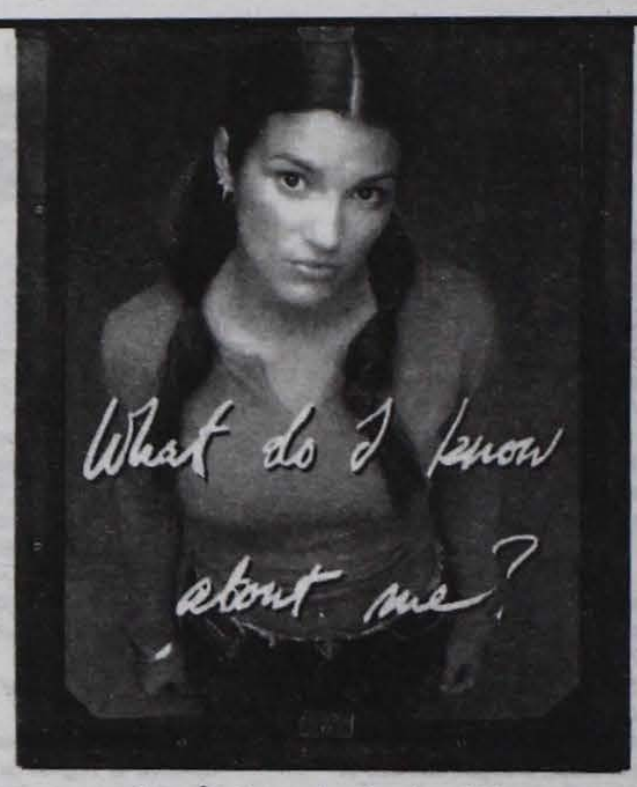
OPEN 7 TO 9 EVERY DAY. WINE AND BEER. PHONE ORDERS WELCOME.



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FROM 9 PM TO CLOSING
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Superior NY Style, thin-crust Pizza

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EVERY FRIDAY & SATURDAY AFTER 5 PM
TWO 16" PIZZAS WITH ONE TOPPING ON EACH FOR ONLY
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***FREE* Delivery**
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Harbor View General Store

Full deli with meats cut to Order!
Gorceries and specialty foods
Everyday specials include:
1 doz! eggs .$.99
All gallons Garelick milk $2.59
Fresh breakfast sandwich $1.59!
Penny candy, Jelly Bellies and more!

Bring this ad to the store and receive a free 12 oz. pepsi or cake product with the purchase of one fresh over-stuffed sub. Call ahead and we will have your order ready.

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Open 7 days from 6:30 a.m. - 7:30 p.m.
265-3332

Killington VERMONT

endless adventures

Killington Night Life

Courtesy of Dana Ionato

The Pickle Barrel

The Pickle Barrel NightClub offers the best live entertainment anywhere in the entire northeast. The best bands come to 'stay and play' at the Pickle Barrel in Killington Vermont. There may be other clubs on the mountain, but there is only one Pickle Barrel.
They opened their doors in late December 1971, and the rest is rock 'n' roll history. Killington's only full service sushi bar, located in the dining room of the restaurant. You can watch our Sushi Chef prepare your order right before your eyes. The menu includes Sushi & Sashimi, as well as many of our own House Rolls. Join them for Happy Hour after a great day on the snow, for Sushi & Chinese Cocktails.

The Nightspot Outback

The Nightspot/Outback Pizza house has two sides. On the Nightspot side there is DJ music with a large dance floor. Then on the other side the music tends to be mellower than the other hot spots in Killington, with acoustic musicians. It's a place where you can chat with your friends and sit by the fire while eating wood-fired pizza.

For more information contact the events hotline at 1-800-422-1700.

ATTENTION CSC STUDENTS!!!

IF YOU PLAN TO GRADUATE IN DECEMBER OF 2003

YOUR APPLICATION FOR DEGREE IS DUE

NO LATER THAN DECEMBER 1, 2002

PLEASE BE SURE TO COMPLETE THE YELLOW APPLICATION FOR DEGREE FORM AT THE REGISTRAR'S OFFICE NOWTO AVOID A $20 LATE FEE!

This is a notice to all students from the Highway Supervisor, Clarence Decker.

Excerpt from the Town of Castleton Traffic Ordinance, Article XIII:

Sect. 13-2 Parking in Highway

No person shall park a vehicle on any highway between the hours of 11 p.m. and 6 am of any day, November 1 through April 1.

Ordinance will be enforced to allow for snow removal and for the safety of the public.

Reminder: 23 VSA, ch 13&1226a, "depositing snow onto or across certain highways is prohibited" "No person, other than an employee shall deposit snow onto the traveled way, shoulder or sidewalk of a state highway or a class 1, 2, or 3 town highway."

Jim Fuller
Director of Public Safety

Fraternities • Sororities
Clubs • Student Groups

Earn $1,000-$2,000 this semester with a proven CampusFundraiser 3 hour fundraising event. **Our programs make fundraising easy with no risks.** Fundraising dates are filling quickly, so get with the program! It works. Contact CampusFundraiser at (888) 923-3238, or visit www.campusfundraiser.com.

Septembe

The Cairn

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December 11, 2002

F026

La Carte has Second Theft this Semester

Scott Lanphear
Staff Writer

On Thursday, November 21, a theft occurred in La Carte in Moriarty House for the second time this semester. Among the stolen items were soda from the soda machine, bagels and muffins.

According to Public Safety director Jim Fuller, someone stole $20 worth of soda the first time La Carte was robbed, and $10 worth of food the second time. He said that the thief had access to the building, as there was no sign of forced entry. A member of the staff at La Carte said that precautions were being taken to make sure a theft did not reoccur. She said that the thefts both occurred on nights when there was an event in the Fine Arts Center.

While La Carte has been stolen from twice this semester, there have also been thefts elsewhere on campus. According to Fuller, approximately five thefts have been reported relating to vehicles, 15 related to students' dorm rooms, and five related to college property. He said there have been only one or two reported "break-ins."

Fuller said that there have not been any more thefts this year than in the past, but said that many thefts go unreported. He added that theft is "not really Public Safety's domain to control" and said that people must be responsible in not leaving doors unlocked.

Shopping for more discounts this Christmas

By Lindsay Hale
News Editor

Christmas is right at our heels. This year, Thanksgiving came six days later than it does in most years. The calendar has made the shopping season shorter than usual, which has left some retails in panic. Analysts' overall consensus is that while the Christmas season may not the best, it is certainly not the worst either.

The National Retail Federation, which conducted its annual 'Black Friday' survey, reported that three out of four consumers hit the shops the day after Thanksgiving. There was a strong demand for clothing, electronics, jewelry, books and toys in stores. Wal-Mart and JC Penney, among others, reported record holiday sales.

It is still too early to tell whether retailers can sustain this pace all the way through December. "One consistent thing we heard was that only things marked down were selling. Consumers want a bargain, especially around the holiday," said Steve Nevill, partner at Kurt Salmon Associates, a retail consulting firm.

Some stores, such as Abercrombie & Fitch, are trying new strategies for attracting customers. They believe their 'sexy' advertising may mean a notable increase in sales. Abercrombie & Fitch features catalog models dressed in their underwear greeting customers.

Other stores are piling on the discounts; there were many early bird specials as well as extended hours. K-Mart offered around-the-clock discounts the weekend after Thanksgiving. PC makers are offering incredible deals to offer the consumer the fastest and cheapest PC that they can get for there money through checkout counter discounts, mail-in rebates up to $100.

Last year it was Windows XP that stirred sales. This year recordable DVD drives are predicted to be a driving force in the market. Retailers usually give consumers who buy a PC a gift card for $50 to $100 off a future purchase.

Jen Arthur

Economic analysts say that there is strong sign the economy continuing to get back on its feet. Investors have seen strong gains in the stock market, where broad indicators jumped 3 percent to their highest level in months. Unemployment insurance fell to its lowest level in nearly two years.

Consumer confidence rose in November after hitting a nine-year low in October. "Consumer spending will hold up in the fourth quarter, and the holiday season might come in on the strong side of expectations," said Gerald Cohen, senior economist at Merrill Lynch. With the economy looking better and consumer confidence up, industry experts predict the holiday demand may not be as gloomy as initially feared.

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Editorial.

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Time to say Goodbye

Graduation is fast approaching, and the thought of not going to class anymore is both exciting and frightening.

When you come to college as a freshmen four years seems as though it is an eternity away. Yet when you are a senior you wish that it would last just a little bit longer.

When you are school you think about the classes that you will sign up for the next semester, how many credits you need to fulfill a certain requirement, which teacher will be the best choice for a class that you may not be so good in. There are so many things that occupy your thoughts and then one day, all of the sudden, you are done that is it, it is time for you to go out on your own. It is time to figure out who you are going to become and what you are going to take from your college experience.

When you are sending resume after resume and no one seems to be responding remember this, take the time to think of yourself as a senior in highschool. Think about the kind of goals and expectation you had as a highschool student, now think about the goals you have set for yourself as a college graduate. Think about the people you met and the things that you learned as a student. Think about all the intellectual conversations that you had with your classmates and teachers. Most importantly think about what you have achieved and realize that college is about the over all experience not just the career path you chose.

To all graduating seniors, think about the opportunity you were given by attending college and think about those who were less fortunate then you and share with them what you have learned.

Thanks

I would like to thank all of the staff writers that participated in The Cairn this semester for their diligent work. The paper would not have possible if it weren't for the variety of well-written stories by the staff. I would also like to thank the faculty and students that participated this semester.

Thanks to Lindsay Hale the news editor for her understanding and patience in working with writers on story ideas and organizing stories for deadline.

Thanks also goes to Thomas Casale, the sports editor and Billie Pisaniello, the feature editor for their hard work while working to improve the writing skills of the staff.

I would especially like to thank Jessica Dewey, the managing editor for her dedication, up- beat attitude, and many hours spent working with the writing staff.

The Cairn would not have been possible this semester without Jen Buono, the layout designer and Jessica Buswell, the business manager. So I would like to thank Jessica for her hard work in producing advertising revenue that helped to make it possible for The Cairn to operate. Jessica worked hard this semester to establish a professional and curteous relationship with many area businesses as well as the Student Association.

Thanks go to Jen Buono for her many hours spent behind the computer, working to make The Cairn look professional and aesthetically pleasing to readers.

Lastly, I would like to thank Marjorie Ryerson for her continuous dedication to The Cairn and her over all enthusiasm in helping the editorial staff as well as the writing staff.

Thanks to everyone who helped to make so many positive changes in The Cairn this semester.

April Garvey
Editor in Chief

Dear Castleton,

My name is Billie Pisaniello. I am a third-year Communication/Journalism major, and I am next semester's Editor In Chief for the Cairn. I am looking to add to our already talented staff. Do you have something to say to other students? Come let yourself be heard!

This past semester I was Feature Editor and I have to say that we enjoyed a much more professional and involved campus newspaper, greatly improved from years past. I hope to make this paper the best it can be and unleash the abilities of our students. I really enjoy working on the staff and I hope to find more people that are as passionate as I am to make this paper even better than before. Let's make it something to talk about.

If you are interested, be sure to come to next semester's first meeting on January 23rd. You could be pleasantly surprised at the opportunities available to you. We are not just looking for writers, but section editors and a new position called Campus Snoop. We also need a new layout director to replace our graduating veteran.

I hope to make this campus paper a reputed piece of Castleton's excellence. Come help us project our capabilities and put out a truly professional campus newspaper!

Billie Pisaniello
Spring 2003
Editor In Chief

Cairn Staff

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Don't Drive Drunk, Call Safe Ride

Courtesy of Meghan Aher

Safe Ride is a volunteer organization created by Deb Coma. New volunteers are welcome anytime. Safe ride runs Thursday through Saturday from 10pm to 2am. Students can call public safety to find out if safe ride will be running on any given night. Safe ride can only travel in a 10 mile radius around campus that includes, Fair Haven, Lake Bomoseen some areas of Rutland and West Rutland. Safe Ride can not cross the New York boarder to pick up students from Flubberbusters. Over 16,00 students were transported safely in 2001-2002. The phone number for safe ride is 468-1346.

*For any other information you can contact Laura Hain or Michael Pacitti.

T.J. Hooker

safe ride staff

Cars Towed off Campus

By Lindsay Hale
News Editor

On November 19, 2002 Public Safety towed 27 cars from resident parking lots for the purpose of snow removal. Public Safety had sent a campus-wide e-mail prior, asking students to move their cars to commuter parking for a short period of time.

The problem was that many students did not check their e-mail and, thus, were unaware of the snow removal. Public Safety apologized to the students via e-mail for any problem this may have caused them. Public Safety also paid all the impound fees for students because their warning had not been widely received. Jim Fuller, head of Public Safety, estimated that only about 10% of the students knew about the snow removal.

To avoid problems such as this in the future, Public Safety will e-mail students, send out voicemail messages and put up signs well in advance. They will publicize the specific time of snow removal.

For answers to questions about parking, consult your student handbook or Public Safety.

College Students help out in the Community

By Thomas Casale
Sports Editor

Students at Castleton State College are taking what they learn in the classroom and applying those skills to help people in their community. Twenty-one students of Paul Derby's Community and American Society class are addressing the issues of substance abuse in the Rutland area.

The students are working with RUN, Rutland United Neighborhoods, to form study circle groups of ten to twelve people that come up with an action plan to battle drugs and crime. The students compile notes and bring them to the study group suggesting ways to solve problems that are plaguing the neighborhood. They also work closely with residents of Rutland to come up with ideas to improve the drug and crime problems in the area.

The Community and American Society class is a service learning component at Castleton State College. The college developed these classes so students could give something back to the community while earning college credit. The class is taught by Paul Derby, Professor of Sociology and Anthropology at Castleton. Derby has been teaching classes like this for six years and he believes they are effective because students get to interact in a community setting while helping people. "It takes the ideas you learn in a classroom and applies them to the real world," said Derby.

So far, the project has been a huge success. People in the community are very happy with the results that have come from the college students working with RUN. According to Derby, "It is important for people in the community to get another perspective from a different age group. I think service learning is a great way to reach people in the community and I am excited that Castleton is committed to adding more programs in the future." Besides Derby's political science class, Castleton currently offers service learning components in nursing, education and social work as well.

New African Studies Professor

By Corinne Casella
Staff Writer

Something remarkable will be happening at Castleton that has not happened in four years. Starting next semester associate professor Funso Afolayan will be teaching two courses in African Studies. What is so remarkable about this is that the courses have been offered all along yet there was no one employed to teach them. Castleton has more than made up for that small blunder by hiring an authority on African Studies to teach the class.

Professor Afolayan's qualifications are evinced by the several books and articles he has written on the subject, not to mention the various awards he has won. His books include Yoruba Sacred Kingship: A Power Like That of the Gods. (1996), Culture and Customs of South Africa. (2003), Yoruba Frontiers. (2003), and Religion and Warfare (2003).

The courses he will be teaching are Topics in African History which will be held on Thursdays from 3:30 to 6:15 p.m., and Islam in African History and Society which will be held on Fridays from 9 to 11:45 am. Whether or not your major is history, these courses should be a fascinating and well worth your time.

Senior Social Work Students and the Rutland County Housing Coalition Team Up

By Precious Rounds
Contributing Writer

This semester the senior Social Work Policy class has been working on a service learning project. The class partnered up with Caprice Hover of the Rutland County Housing Coalition, which provides services to those who are homeless in Rutland County.

The goal of the service learning project was for the students to gain hands on experience in working with and evaluating policy while providing a service to the community.

The RCHC wanted to survey their clients to find out how they felt about the agency and to see what improvements may need to be made. Caprice and the senior class designed and conducted the survey together.

The class, comprised of eight students, called 322 clients. Ten percent answered the survey. More clients did not complete the survey because their phones had been disconnected. Other clients are currently homeless and unreachable.

The survey found that 70% of the people when asked what would they change about the RCHC stated that they wouldn't change anything about the agency.

Photos courtesy of Precious Rounds

Professor Lillan Jackson trying to give away milk after the appreciation dinner.

Senior social work class with Professor Jackson and Aiprice Hover of Rutland County Housing Coalition after appreciation dinner.

Student's Opinions about possible War

By Kirk Middleton
Staff Writer

The United States may be headed towards another war against Iraq. Saddam Hussein had until December 8th of this year to provide a full account of all aspects of his nation's chemical, biological, nuclear and ballistic weapons program to UN Weapons Inspectors. If Saddam fails to comply, President Bush will seek military action. "Should he again deny that this arsenal exists, he will have entered his final stage with a lie. And deception this time will not be tolerated. Delay and defiance will invite the severest of consequences," said President Bush.

Here at Castleton, students have a variety of opinions on whether going to war is the right answer. Doug Wilmot believes that war against Saddam is necessary. "If we keep appeasing him, he will keep slipping by, the whole while continuing to build up weapons and grow stronger," said Wilmot.

Doug Wilmot went on to say that the issue lies more in Saddam's poor treatment of his own people and his hatred towards America rather than Iraq's vast resources of oil. "He is abusing his power, using the country's resources for himself while many of his people starve," said Wilmot. "If we want to stay the most powerful country, we have to remove threats to this country. If they harbor real threats to our people, we have to remove them."

Not all opinions shared on campus favor military action against Iraq. Eric Dwyer is opposed to military involvement against Iraq and believes that there must be a good reason many European countries in the UN never really favored Bush's military plan. "Bush is trying to distract people away from mistakes he is making, such as the poor economy at home. I think there will be more consequences than people realize," said Dwyer. He went on to say that he believes that the Middle Eastern countries that border on neutrality towards us now may become hostile if military action is taken.

Jake Brush also opposes military involvement in Iraq. "I don't think going in and taking Iraq by force is our best solution. We are partly to blame though, for their having those weapons. We used to supply them," said Brush.

Some Castleton students are undecided on whether or not military action should be taken. Evan Hall has mixed feelings on the issue. "If oil is not the reason for invasion, I think it should be proven otherwise," said Hall. He continued by saying that allies would be needed in the attack, "It is not exactly feasible without support of other countries, especially in the area around Iraq." Hall added that a list of clear-cut objectives should be put in place if an invasion occurs.

One opinion on the possible invasion asserts that the U.S. might use this invasion for financial benefit. Kevin Boucher believes that resources could play a key factor in the invasion. "We would go in saying we are going to rid the world of their weapons of mass destruction and then once in Iraq, we'll probably take their oil as reparations," said Boucher.

There have been no campus protests for or against the war. Some students do not feel effected either way. "I'm not going, what do I care? If it needs to be done, it needs to be done," said Milroy.

"LEADERSHIP FOR LIFE"

By T.J. Hooker
Photo Editor

T.J. Hooker

"The best way to win a war is to never need to fight it" Lieutenant Peter Fagan said. It might seem strange to hear this phrase coming out of the mouth of a military man, but what Colonel Fagan said during an interview on a sunny Tuesday morning in Rutland, made a lot of sense. Colonel Fagan is a father of three and looks upon the military as a protector of our nations most precious resource, it's youth.

Colonel Fagan is the instructor of the Castleton State College ROTC program. (Reserve Officer Training Corps) The ROTC program is a four-year leadership-training course created and sponsored by the U.S. Army. The ROTC's main purpose is to train future officers to serve in the army but that is not its sole purpose. According to Colonel Fagan, the leadership skills learned in ROTC are the same as are needed in civilian life. He says this program is "not for everyone," but for those who experience it, it is life- changing.

The ROTC program is a college course designed to bring out the best qualities in its cadets, leadership, moral integrity, and determination. According to Colonel Fagan what this program teaches is not specific to the military. "We train young minds to become better leaders," Fagan said. "There is no 'leadership for future members of government' class, no 'leadership for future CEO's' but there is a leadership class called ROTC."

Colonel Fagan looks for certain personality traits that he knows make a good Cadet. He said the ROTC students need to be "dedicated to bettering him or her self, they need to be athletically oriented, and they need to be leaders". Colonel Fagan said "If someone is not looking for a regimented lifestyle, this is not for them."

Justin Bagley, a sophomore at CSC, possesses the traits Colonel Fagan finds desirable. Justin, age 20, of Leicester Vermont, was recruited into the ROTC program after joining the Army National Guard. Some of his motives for joining the military were financial, and others were more personal. His family has a strong military background and he feels that he is continuing a family tradition. He is an easygoing guy who is taking a less traveled path in his way through college; only six other students are enrolled in this program this semester.

"It would be cool to experience new cultures and see new places," Bagley said. He feels that a career in the military would be a good way to accomplish this. As a math major Bagley holds a 3.56 cumulative GPA. As far as being "athletically- oriented," Bagley played football and baseball at Otter Valley Union High School and he also showed his leadership abilities by being elected captain of both the JV and Varsity Football teams.

Since he started the ROTC program and joined the Army National Guard, Bagley said he is more confident, has become a better team player and has learned a lot about himself. According to Bagley, these programs teach you to trust people, "because some day your life could depend on their actions and vice versa." "While I was at Basic, I would have told you it was the worst experience of my life, Bagley said," after I got back and had time to reflect, I would say it was one of the best."

Twice a year the cadets spend a weekend at an FTX (Field Training Experience) where the cadets are tested mentally and physically. After an FTX the cadets feel "tired usually, but good," Bagley said. They learned more of what they can endure. The entire ROTC experience has given Justin and the rest of the cadets that graduate from ROTC more self-confidence and has made them into better leaders in their lives.

Homeland Security Passed

By Lindsay Hale
News Editor

On November 18th President Bush signed the legislation to create the Homeland Security Department. It is the biggest government reorganization in more than 50 years. The new Cabinet department would help authorities better protect Americans. Bush said, "Today we are taking historic action to defend the United States and protect our citizens against the dangers of a new era."

The new department will swallow 22 existing agencies with combined budgets of $40 billion and will employ 170,000 workers, the biggest federal reorganization since the Defense Departments birth in 1947.

One of the departments main initiatives is to monitor the U.S borders better without slowing down some 500 million people, more than 11 million trucks, 51,000 foreign ships and 2.2 million rail cars that enter the country each year. They will also be charged with assessing and disseminating information on terrorists threats and protecting the nation's infrastructure from being attacked. Bill was passed in the House 299-121 and in the Senate 90-9. The bill provides:

* The president broad authority to hire, fire and transfer workers at the department in the name of national security.
* Permits guns in airline cockpits as a last line defense against hijackers.
* Extends by one year the deadline for the screening of all airline baggage.
* Provides broad exemptions to the freedom of Information act.

It will take several years to fully integrate the various agencies and their different traditions, cultures and ways of doing business.

Bush proposed the new agency last June saying that it would provide a united front against a terrorist threat against the nation. Democrats refused to grant the president the broad powers he sought for federal workers. Bush argued that the Democrats were more interested in trying to protect workers' rights in the department than the nation's security. After the Election the democrats reversed there look at Homeland Security after they lost all control of the Senate partly due to the Homeland Security fight.

Next year the congress will have to reconsider three provisions that moderates opposed those are:

* One permits federal business with American companies that have moved their operations abroad to avoid U.S taxes.
* Another legally shields drug companies already sued over ingredients used in vaccines. Democrats said this includes claims that mercury-based preservatives have caused autism in children.
* The third helps Texas A&M University win homeland security research money. The district of incoming House Majority Leader Tom Delay is near Texas A&M.

Bush also signed port security legislation. Which will help protect American coasts and harbors by adding port security agents, the agents will restrict access to sensitive areas and would require ships to provide more information on the cargo they are carrying along with their crew and passengers that they are carrying. Bush will have to submit a reorganization plan within the next 60 days. No sooner that 90 days from when that plan is received will they begin the transfer of agencies.

A Patriot Act?

T.J. Hooker

By Peter A. Sutters Jr.
Staff Writer

In the wake of the September 11, 2002 attacks, in just six short weeks, Congress passed a 342-page bill dubbed. The Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act, or USA PATRIOT Act. (I'd like to meet the creative geniuses in the think tank that came up with that catchy acronym.) The bill passed both houses by wide margins, 356-to-66 in the House and 99-1 in the Senate. Vermont's lone congressman Bernie Sanders voted against it, but both of our Senators, Leahey and Jeffords voted for it.

The new law gives the government vast amounts of new powers to conduct surveillance on U.S. citizens with little to no judicial oversight. They can tap phones, intercept e-mails, follow financial transactions, look at what internet sites you are visiting, and even force librarians to hand over what books you have been checking out. (Think twice before you check out that copy of Harry Potter or the government will tell everyone you read children's witchcraft books.) A new computer program that the government created called Carnivore (sounds cute) can be installed into the Internet service provider of a suspected terrorist to see what they are looking at. The problem is that it also tracks what every other person on that ISP is looking at, well that's convenient.

Also included in the bill is the designation of domestic terrorism as a federal crime. Sounds good, but wait there's more. Domestic terrorism is defined as "...appear to be intended to influence the policy of a government by intimidation or coercion...and if they occur primarily within the territorial jurisdiction of the United States." So here I sit at my computer in the great state of Vermont and write that I think marijuana should be legalized. (By the way, I have a very intimidating look on my face when I write this.) Am I now a domestic terrorist? Can I look forward to a free trip to Cuba to spend time with the other terrorist at Camp X-ray? I don't know. I'll send you an e-mail if I do, and you, too can be a domestic terrorist.

Please do not take my not-so-humorous ranting the wrong way; I assure you I am not a domestic terrorist. I only wish to point out how broadly this law can be interpreted and applied to anyone who opposes the way our government functions. This country has a history of acting a bit crazy during war times, like putting over a hundred thousand Japanese in internment camps during World War Two, or the Red Scare days of the 1950's. My hope is that in time we realize the mistake we have made with this law and change the way our government treats its people in the LAND OF THE FREE and the home of the brave.

A LOT TO BE THANKFUL FOR ON THANKSGIVING DAY

By Marilynn Christian
Staff Writer

On a snowy and icy Thanksgiving Day, many families had the opportunity to spend time with each other. But there were some that either had no family that they could spend time with, or were too far away to travel, or were homeless, or who did not know how to cook, or could not afford to prepare a Thanksgiving Meal. That was no problem for the Moose Club on Center Street, in Rutland, Vermont; fifteen miles away from Castleton State.

For years the Rutland City Rescue Mission held Thanksgiving Dinner at their outreach center. But, for the last couple of years, they changed their celebration to accommodate the Moose who chose to reach out to the community with volunteers to feed the hungry and needy on Thanksgiving and Christmas, upcoming.

The Moose staffs were disappointed that not very many people attended their festive occasion in the Moose Lodge's huge downstairs hall. Tables were dressed with tablecloths, butter, napkins, forks, spoons, knives, salt and pepper. Many volunteers were quick to serve those who entered, but unfortunately after preparing 18 turkeys for the occasion, it appeared that only about thirty people showed up for the food.

There were mashed potatoes, squash, stuffing, peas, gravy, rolls and choices of apple or pumpkin pie. Coffee, tea, and milk were made available for drinks. Many families who were shut away in their homes in Clarendon and Rutland County received special deliveries of meals, including the elderly and handicapped.

Many there watched with smiles as grandparents taught table manners to the young ones, others bragged about jobs or accomplishments they had achieved, and children shared stories about their adventures from school. Some people were shy, some tapped their feet to the music, and some just sat quiet alone, eating in gratitude with their head humbly bowed, not bothered by anyone.

Old familiar faces greeted each other and made everyone feel welcome. They talked about the weather, thanked the volunteers for their fine cooking, compared recipes, some took home boxes of leftovers, and many accepted seconds in helpings

Festival of Lights

By Rebecca Becker
Staff Writer

An eight-day festival that begins on the twenty-fifth day of the Jewish month of Kislev, the ninth day of the twelfth month of the Jewish calendar.

The festival of Chanukah is based on the commemoration of the miracle of the oil that burned for eight days during the reign of Antiouchus IV, the Greek King who succeeded Alexander the Great 2139 years ago. While in control of the region, Antiouchus IV oppressed the Jews severely-forbidding them to practice their religion. He massacred many and desecrated the Holy Temple, in Jerusalem, by requiring the sacrifice of pigs (a non-kosher animal) to take place on the altar. In every city and town, altars were erected with statues of Greek gods and goddesses. Soldiers rounded up the Jews and forcibly compelled them to make offerings, and to engage in other immoral acts customary to the Greeks.

Shortly after the demolition of the Jewish religion began, two groups, Mattathias the Hasmonean, his son Judah Maccabbe, and a religious traditionalist group known as Chasidim joined together, and revolted against Antiouschus IV. They successfully won the revolution, and the Holy Temple was rededicated. However, there was a lack of oil for the menorah in the Temple to burn for more than one day's length (The candle on the menorah was supposed to burn continually day and night). Miraculously, the little amount of oil they had lasted for eight days, and an eight-day festival was declared to commemorate this miracle, not the victory-Jewish people do not celebrate war. However, over the next ten years of Greek domination, many Jews had begun to embrace the Greek culture and its pagan way of life. These Jewish individuals became victims in Antiochus' scheme to destroy every trace of the Jewish religion.

During Antiochus' invasion, young Jewish children secretly studied the Torah. The Syrians agreed that the teaching or studying of the Torah was a crime punishable by death or imprisonment. When young children were spotted by the Syrian patrols, they would pretend to be playing an innocent game of dreidel. On each side of the dreidel is a Hebrew letter: Nun, Gimel, Hey, and Shin. The letters stand for the phrase "Nes Gadol Hayah Sham" "A great miracle happened there
Latkes (Yiddish for pancakes) are traditionally associated with Chanukah. The fried potato pancakes are symbolic of the oil that burned for eight days instead of one, and served as a reminder of the food hurriedly prepared for the Maccabees before battle.

As the winter sun begins to set, Jewish homes are filled with the aroma of latles. Family members congregate in one room to participate in the mitzvah (celebration) the lighting of the first candle on the menorah, on the first night of Chanukah transforming the home into a sacred Holy Temple.

To begin the Chanukah ritual the 'Shamash,' the extra candle on the menorah is lit, and used to light the first candle. On the first day, the first candle is lit with the Shamash, two on the second day, up to the eighth and final one. The head of the household recites the first two blessings while holding the Shamash, but immediately prior to lighting the Chanukah candles a prayer is said. Jewish people add a candle each night during Chanukah to teach them that every day they must increase their endeavors to spread light throughout the world. Many Jewish people will argue that Chanukah is not a very important Jewish holiday. The holiday's significance is far less than Rosh Hashanah (the Jewish New Year), Yom Kipper (the sin of the Golden calf), or Passover (the celebration of the miracles). The only religious observance related to the holiday is the lighting of the candles, followed by the prayers. Similar to Christmas, Chanukah is celebrated around the same time, with the exchange of gifts.

Jen Arthur

Do You Have the Blues?

By Allyson Stoodley
Staff Writer

Depression is not just feeling sad or down. Depression is more serious and is known as a medical illness. Nearly 17 million Americans suffer from depression yearly, of which 10% is comprised of college students. Anxiety becomes problematic and diagnosed as a disorder in about 7% of college students. Eating disorders have a higher percentage rate among college students, both of which can lead to major depression and suicide. The negative onslaught of thoughts and feelings as well as the emotional turbulence they create all has a dramatic effects on a depressed person's actions. Though depression is treatable, many people do not recognize the symptoms and feel helpless to act. Depression becomes an obstacle in families, friendships, education, jobs, and most responsibilities.

There are many causal explanations that can be attributed to depression. There is the possibility of having a chemical imbalance. Serotonin and norepinephrine are two of the most common neurotransmitters that become hindered or secreted in excess causing a multiple of physical symptoms. Symptoms include anxiety, fatigue, irritability, agitation and others.

Another cause may have to do with a person's genetic history. Depression has been found to be consistent within generations of the same family. Low self-esteem, low tolerance for stress and life changes may make a person more at risk for Depression.

Depression can be directly related to family and negative environments. Situations where people who have gone through abuse, trauma, neglect, who live in poverty, are frequently ill, handicapped and without supports in life can make it easier for depression to harbor.

Other reasons are the grief over the death of loved ones that last longer than a few weeks, prolonged stress that seems hopeless to resolve, violence, homelessness, undiagnosed health problems, learning disabilities, hormonal problems, illness, alcohol, drug use, as well as certain prescription medications.

There are many kinds of depression. One is a severe, relatively short period of Major Depression that lasts for weeks at a time when it occurs. There is a longer lasting depression ranging for many weeks or months not as intense as major depression referred to as dysthymia. Two other types are Manic-Depressive disorder which 1% -2% of depressed people have or seasonal affective disorder.

It is important to realize that treatment for depression is available. Treatment for depression involves psychotherapy and medication. Often times people with depression do have chemical imbalances and medications have been developed to help.

Supporting a depressed person:

Try to keep a normal relationship

Recognize that the person is suffering

Don't put expectations on the person, especially to snap out of it.

Encourage efforts to get treatment.

Express kindness, compassion, affection and pay compliments.

Let the person know you respect and value them often.

Try to involve the person in activities as much as possible.

Don't blame the person.

Try not to do anything to worsen that person's self image or self-esteem.

If the person mentions suicide get medical or a therapist's help immediately
Call crisis at 775-1000 or 911

Suicide is the 3rd leading cause of death for teens15-24yrs and according to NMHA, is the second leading cause of death among college students.

T.J. Hooker

Symptoms of Major Depression:

* Feelings of sadness for extended periods of time.
* Lack of energy
* Fatigue
* Lack of enjoyment form anything that used to be fun or relaxing
* Withdrawal
* Irritability
* Anxiety
* Unable to concentrate
* Angry
* Feelings of guilt
* Hopelessness and Helplessness
* Unexplainable aches and body pains
* Apathy
* Thoughts about death

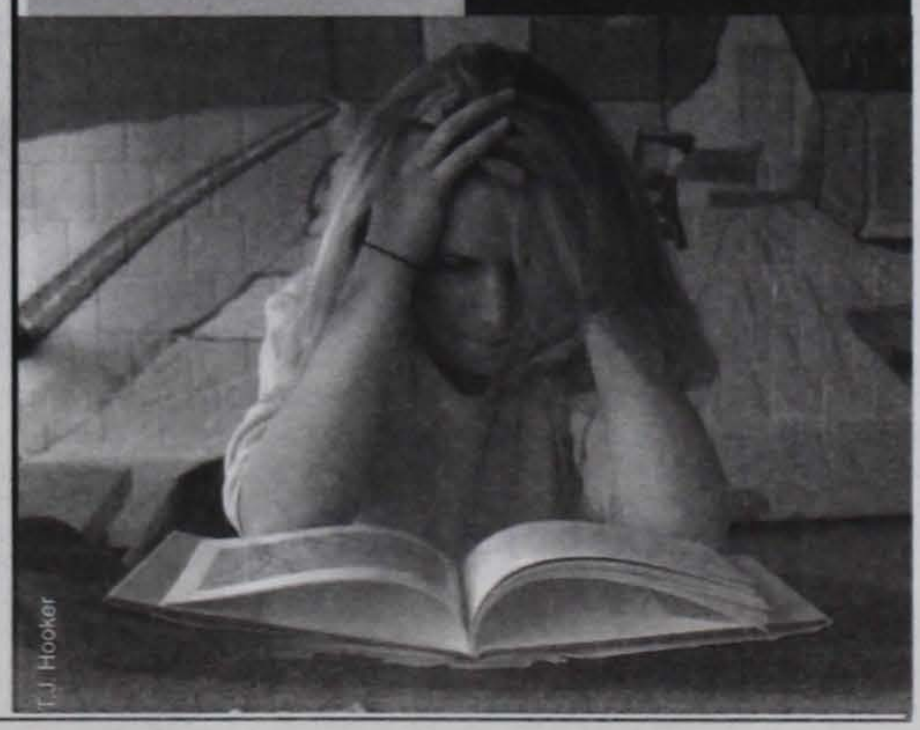
Can You Pass the Test?

1. How many teens get depressed every year?
A. 1/100
B. 1/25
C. 1/8

2. Who is more likely to be depressed?
A. girls
B. guys
C. both

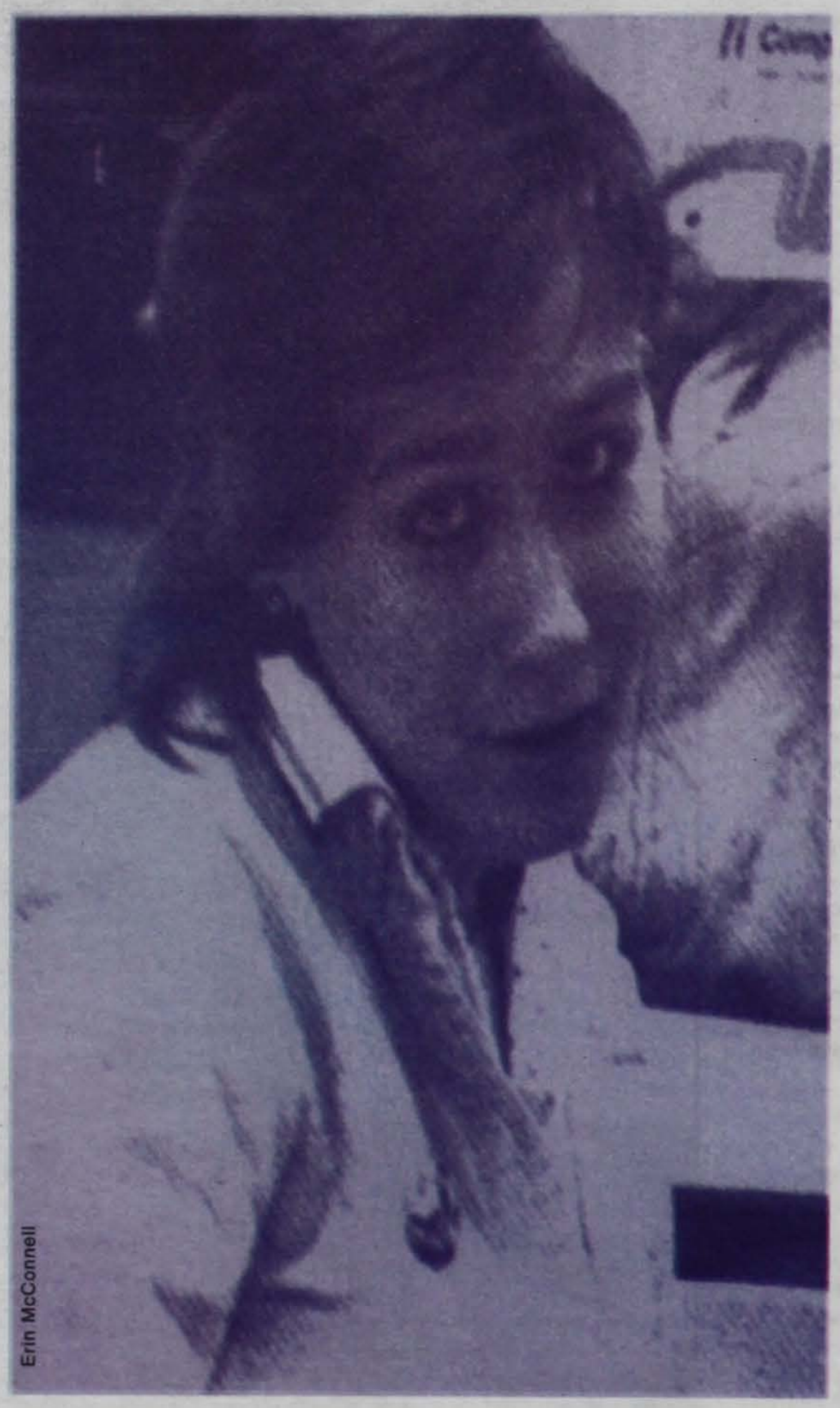
3. How many of those depressed get the help they need?
A. 40%
B. 60%
C. 20%

(c,a,c)



T.J. Hooker

Someone to Love: The story of a young woman's death



Erin McConnell

Rosa LaRock. 85'

By Erin McConnell
Contributing Writer

A quaint little village in central Vermont was the place where a community lay on its side in blinding helplessness. There was a failure to act, and a failure to protect a young girl in need of a kind word or a chance in this frequently cruel world..

Rosa's stature was slight in some ways, but in others stronger than the fiercest warrior. Her eyes were the color of ice and of the deepest ocean blue, with white streaks throughout. At times, these eyes could be evil, yet at others were the saddest eyes that I've ever known. A young girl of fourteen, with all of the insecurities and awkwardness that go along with it, she struggled like all of us to find our place in a small school.

My first visit to Rosa's house was a look into a hell that was alien to me. Climbing up the paint chipped stairs, we approached the door to her parents' apartment on the village green. As the door opened, the smell of stale cigarette smoke hit me like a brick wall. Upon entering the living room, a man of about fifty-five sat solemnly on a putrid green sofa. I could tell by the eyes that Rosa was his daughter. There was no greeting of one another as Rosa set to work. First, she went to the hall closet and pulled out an ancient vacuum cleaner. Vacuuming around her father's feet as he sat motionless and quiet on the couch, a discomforting tension not ever felt before in my naive life drifted over me. Rosa's eyes flicked back and forth from her father's to the vacuum cleaner and then stayed peering down at the floor. The bathroom was next on her list of chores as I followed close behind. Passing by a bedroom on the right, lay a middle aged woman. She was asleep surrounded by gaudy crocheted pillows of neon pink and purple. On her dresser stood china dolls with dresses crocheted in the same fashion. The smell of Comet and Clorox bellowed from the bathroom as my friend feverishly scrubbed the sink and shower. Bottles of prescription pills lined the back of the sink, and the sheer volumes of them made my mind go in a million directions. I wondered why someone would take all of those pills. Rosa didn't say a word as she sailed to the kitchen where a few pots and pans lay in the deep sink. After the dishes were done, she took a rag and sprayed it with Windex. I could hear her whispering to herself as she began to rub the chrome of the faucet, "I want to see my face in this chrome, it has to be perfect." Standing in the kitchen, I looked around at this apartment which had been thrown right out of the early 70's, and realized that there had not been one miniscule spec of dirt at the beginning of Rosa's chores. Everything was just as it had been when we had first arrived, and her father, still unmoving on the couch, stared at an imaginary spot on the wall. Rosa said, "Daddy, I've finished my work now, I'm going out to play..." She closed the door behind us and didn't speak of it to me, nor I to her.

A year or so passed by, and the whole town was getting ready for the annual fall celebration that centered around the town green. It was called "Old Home Days" All of my friends (including Rosa) walked up Main Street giggling and shoving one another, the way teenage girls do when they haven't a care in the world. We were excited to see which boys would be at the park to bat our eyes at. Arriving at the gazebo, we paused to hear some local musicians and then ran over to the games. Suddenly, Rosa's father came barreling down the steps from their apartment and he carried himself in such a way that chills ran down my arms. The chills ran back up when I realized that he was coming toward me. Grabbing Rosa by the back of her hair, he turned her around to face him. Then, his arm flew back and a closed fist sent my friends face hurling into the maple tree that she had backed up against. As the crowd looked on, he hit her, again and again screaming at her "You little whore, how dare you disobey me?" Awestruck, my hand dropped to my side and the teddy bear that I'd just won fell to the ground. A man stepped from the crowd and grabbed those

fists, stopping them from hitting their mark one more time. My friend slid down the tree, nose bleeding, her hair in her face, with tears streaming down. I couldn't tell it was the physical pain , or the embarrassment of her father's actions, but somehow that day a dye had been cast, and she became what her parents had made her. The town looked on, and did nothing.

Some months later, Rosa came to stay with us for a brief time. The beatings that were inflicted upon her had become too much for her to bear at the dreary little apartment. Our family welcomed her in, not knowing of the damage that had been done. Soon, we were all aware that the only way she could love now was by hurting people, and she had to leave us.

In and out of dry out centers and passed from one foster home to the next, Rosa ended up back in our little village. Still, her father's abuse and mother's indifference came back to her in a rage, and she physically lashed out at everyone that she had cared about, frequently turning the pain on herself. Sometimes, we would catch her with a bottle of her mother's medication.

My friends and I lay out a large rust colored blanket on the freshly mowed grass at our local swimming hole just after July, 4th . Beads of sweat collected on my forehead, as the sun beat down on us. School wasn't for another month and a half still, and we all intended to relish every moment that was left of it. A rustling of dirt and pebbles echoed in my ears as the noon-day sun enveloped me and when my eyes opened, I could see Rosa stumbling down the long drive-way, and a cloud of dust kicking up behind her. Something was wrong in her gait, and we immediately jumped up and ran to her. She had taken some of her mother's pills again, and it was obvious by the empty vile that she was in trouble. Someone ran for help, and we all waited impatiently as the sound of a siren echoed down the seemingly peaceful valley. Her stomach was pumped as soon as she arrived at the hospital, and was promptly sent home. But, we should have known then that time was running out.

One cold February night, as ice crept over the White River, Rosa came to a party that I had been invited to. She strode in the door, wearing the thin jacket that she had made two years earlier in our home-economics class. I remember thinking about the 30-below-zero night that blustered outside and how cold she must have been. I could see the goose bumps on her jaw-line and her ears and nose were crimson in color. When her quivering lips moved, I could see that the cold had taken its toll there well, and she could barely form a sentence with them. In her left hand, she carried a bottle of Bacardi 151, and in her right a cigarette burned down to the filter. Behind her were two boys who skated along the outskirts of our teenage clique. Rosa walked into this warm haven and demanded that the host of the party love her. She said, "I just want to you to love me Tommy", and he said, "I will never love you...you can't hurt the people you love...now get out of my house." I reflected back on how Rosa had treated this boy while they had been dating, and secretly applauded him for sticking up for himself. However, she looked at me and I at her. I looked deep into those eyes and saw that last bit of her die. One tear rolled down her frosty cheek and she turned away into the night. Suddenly, the pride I felt in Tommys' words turned to guilt, but she was already gone.

The sun rose in that sleepy town the next morning, and I started my day like any other. First, I called a friend and walked up Main Street to the local Mini-Mart to meet her. As we stood under the Mobil sign by our town green, I noticed an ambulance parked near the sign shop. There were no lights moving on the roof, which puzzled me. An awful feeling crept up in my stomach as a local

**Erin McConnell (maiden Desauteis) (left)
Rosa La Rock (right) 1986.**

man walked by and said, "Did ya hear? They found Rosa LaRock dead this morning." Every bit of blood drained from my face as those words washed over me. Questions like, "Could I have saved her?" and "What should I have done?" nagged at me. Being teenagers, and not psychiatrists, we had no way of understanding Rosa's behavior. She just wanted someone to love her, but along with it, came physical pain and immeasurable anger.

As I stood over Rosa's coffin, and touched her icy cold hand, I spied her father. He sat in a chair by the door. As I turned to leave, he stood and held his arms out to me. I looked into the depths of those ice blue eyes and walked right past, for I realized at that moment, he had killed her. Not only had he done this awful thing, but her mother and the community were his accomplices. We had all failed my friend who lay lifeless in that velvet lined box. Her dress was a beautiful blue, like her eyes, and she gripped a red rose bud tightly in her hands. She could have been something, but instead, every year in February, I visit her grave. A few years ago, I made the zig-zag drive up to the cemetery, and as my car neared the familiar spot, there was a new headstone. It was her father's, and he lay next to her, silent and still.1

YOU KnOW yOu GreW UP iN the 1980's if...

You loved Howard the Duck

You ever ended your sentence with "psyche"

You remember Hypercolor T-shirts

You remember Punky Brewster

You wore socks over tights with high-top Reeboks

You know every line of "The Fresh Prince of Bel-Air" theme

You wore spandex shorts under your skirts and felt stylish

You know that 'Whoa' comes from Joey on "Blossom"

Two words: M.C. Hammer

You thought it would be great to have a friend named, "Boner"

You ever watched Fraggle Rock

There were plastic streamers on the handlebars of your bike

You remember when it was actually worth getting up early on a Saturday to watch cartoons

You saw the original Teenage Mutant Ninja Turtles on the big screen

You had a Kirk Cameron poster on your bedroom wall

You played the game "MASH" (Mansion, Apartment, Shelter, and House) school

You wore a Jordache jean jacket and you were proud of it

Your mother wouldn't let you have Garbage Pail Kids

You wanted to change your name to Jem in Kindergarten

You remember reading "Tales of a Fourth grade nothing" and all the Ramona books

You wanted to be a Goonie

You wore fluorescent neon clothing

You wanted to be on Star Search

You remember what Michael Jackson looked like before his nose fell off

You took Lunch pales to school

You ever noticed Smurfette was the ONLY female Smurf

You remember the craze, and then banning of slap bracelets

You still get the urge to use "NOT" at the end of every statement you make

You can sing the entire theme song to "Duck Tales"

You thought Shee-ra and He-Man should hook up

You owned a pair of Jelly Shoes

You ever got seriously injured on a slip and slide

You know not to mix poprocks and soda (but did it anyway!)

You have played with a 'skip-it'

You had or went to a birthday party at McDonald's

You learned oldie songs by watching Alvin and the Chipmunks

You had a Glow Worm or watched the cartoons

You remember dancing along with the Bangles in "Walk like an Egyptian"

If you remember Heathcliff the orange cat

You remember Popples

DON'T WORRY, BE HAPPY!

MISS MARY MACK MACK MACK ALL DRESSED IN BLACK BLACK BLACK.....

You remember boom boxes instead of CD players

You remember watching both "Gremlins" movies

You remember the Transformers

You remember Rainbow Bright and My Little Pony Tales

You remember watching TV thinking Doogie Howser was hot!

You remember Alf, the little furry brown alien from Melmac

You remember the beginning of New Kids On The Block

You remember watching The Cosby show

You remember Mr.Belvidere

You remember Michael J. Fox in Family Ties and Back to the Future

You know all the names of the gang from "Saved by the Bell"

You know all the words to Bon Jovi's "shot through the heart" song

After you saw Pee-Wee's Big Adventure you couldn't stop saying

"I know you are but What am I?"

Courtesy of Christina Hryniak

Events

By Mareisa Weil
Staff Writer

Thursday, December 12, 2002
Moonraker plus Rana @ Club Helsinki in Great Barrington, MA

Friday, December 13, 2002
An Evening with the Dark Star Orchestra @ Higher Ground in Winooski, VT; tickets $18 in advance, $20 at the door; doors open at 8pm; 18+
Seth Yacavone Band @ the Red Fox Inn in Bondville, VT; 9:30pm; 21+
Voice @ Club Metronome in Burlington, VT; $5; show starts at 10pm; 21+
Pat Conroy @ Manchester Elementary School in Manchester Vermont. The author ofThe Great Santini and The Prince of Tides reads from his latest book. $10

Saturday, December 14, 2002
Madd Muzik PresentsÖ @ Pearl Street Nightclub in Northampton, MA. Tickets $8 in advance, $10 at the door; 7pm; all ages
Strangefolk @ the Rusty Nail in Stowe, VT

Tuesday, December 17, 2002
Dave Matthews Band plus Karl Densonís Tiny Universe @ the Pepsi Arena in Albany, NY; tickets $49.50; show starts at 7pm.

Wednesday, December 18, 2002
Black Crowes singer Chris Robinson and the New Earth Mud @ Higher Ground in Winooski, VT; tickets %18 in advance, $20 at the door; doors open at 8pm; 18+

Thursday, December 19, 2002
Holiday Ho-Down @ Higher Ground in Winooski, VT ñ dress up and get down to some homegrown music. $6; doors open at 7pm; 18+; non-smoking

Friday, December 20, 2002
Madd Muzik PresentsÖ@ Pearl Street Nightclub in Northampton, MA; tickets $8 in advance, $10 at the door; 7pm; all ages.
Ulu plus School Bus Yellow @ Valentineís in Albany, NY; show starts at 9:30pm; 18+

Saturday, December 21, 2002
Tammy Fletcher and the Disciples plus Rick and the Ramblers @ Higher Ground in Winooski, VT; $6, $5 w/ canned food; 8pm; 18+
Mindless Self Indulgence @ Pearl Street Nightclub in Northampton, MA; tickets $13 in advance, $16 at the door; 7pm; all ages.

Friday, December 27, 2002
Seth Yacavone Band plus Antigone Rising @ Higher Ground in Winooski, VT; tickets $10 in advance, $12 at the door; doors open at 8pm; 18+
Madd Muzik PresentsÖ @ Pearl Street Nightclub in Northampton, MA; tickets $8 in advance, $10 at the door; 7pm; all ages.
John Brownís Body @ Iron Horse Music Hall in Northampton, MA; tickets $10 in advance, $13 at the door; 9:30pm

Saturday, December 28, 2002
April Wine @ Higher Ground in Winooski, VT; tickets $16 in advance, $18 at the door; doors open at 8pm; 18+
Original P. Funk plus Addison Groove Project @ Pearl St. Nightclub in Northampton, MA; tickets $15 in advance, $18 at the door; 8:30pm

Sunday, December 29, 2002
Original P. Funk tears the roof off the sucka @ Higher Ground in Winooski, VT; tickets $16 in advance, $18 at the door; doors open at 8pm; 18+

Tuesday, December 31, 2002
Adios Pantalones @ the Snow Barn in W. Dover, VT; tickets $40-$45; 9:30pm
New Years Eve Fireworks @ Killington Resort in Killington, VT

Thursday, January 2, 2003
The Wailers @ The Pickle Barrel in Killington, VT; 21+

Saturday, January 11, 2003
Up, Down, and Strange @ the Waiting Room in Burlington, VT; 10:30pm

Thursday, January 16, 2003
Jorma Kaukonen & Blue Country @ Higher Ground in Winooski, VT; tickets $18 in advance, $20 at the door; doors open at 7pm; 18+; non-smoking

Friday, January 17, 2003
Chris Smither @ Iron Horse Music Hall in Northampton, MA; tickets $16 in advance, $19 at the door; 7pm

Thursday, January 23, 2003
Inspectah Deck, Cappadonna, Killah Priest & Remedy @ Higher Ground in Winooski, VT; tickets $15 in advance, $17 at the door; doors open at 8pm; 18+

Crossroads Arts Council Events

Saturday December 14
7:30pm
Saint Peter Parish, Rutland
Wolcum Yule
Celtic and British Songs and Carols performed by the vocal ensemble
ANONYMOUS 4
With Alyssa Reit Celtic and concert harps

Rutland- Heralded said "one of the finest vocal ensembles of our time," Anonymous 4 brings their Wolcum Yule performance of Celtic and British Songs and Carols to Crossroads Arts Council at St. Peter Parish. Renowned for their unearthly vocal blend of virtuosi ensemble singing, the four women who comprise Anonymous 4 combine musical, literary, and historical scholarship with contemporary performance. For the Rutland concert, Alyssa Reit will join the ensemble on Celtic and concert harps.

Anonymous 4 performs in major cites throughout the world. In addition they have appeared on a wide range of radio and televisions programs. Their award-winning recording for harmonia mundi USA has sold over a million copies.

The individual singers in the group each have impressive credentials of their own. Marsha Genensky grew up in the foothills of the Santa Monica Mountains. She has a B. A. from Scripps College and an M.A. in folklore and folk life from the University of Pennsylvania. Originally a traditional folksinger she became enthralled with medieval and renaissance vocal music. She aids in the language and research and writes and adapts music for the group.

Sudan Hellauer was born and raised in the Bronx, New York. She earned a B. A. in each music and musicology from Queens College and a B.A. from Columbia University in musicology. Susan handles the ensemble's music research.

Jacqueline Horner comes from a little village called Monkstown in Northern Ireland. She has a joint honors degree in Music and English from Queens University Belfast and sang in London as a professional singer of many forms of contemporary music, especially opera. She works on new music commissions for Anonymous 4.

Johanna Maria Rose spent her childhood in the village of Grand-View-on-Hudson, N Y. She earned a degree in voice from the Manhattan School of Music and a MFA in Performance of Medieval and Renaissance Music from Sarah Lawrence College. For

the group she helps with language pronunciation research and adapting readings for the concert programs.

The 14 December performance will include traditional English, Irish, Scottish and Welsh songs and carols as well as A Calendar of Kings, a new work by composer Peter Maxwell Davies and Benjamin Britain's A Ceremony of Carols.

Concert ticket are $ $22 general; $15 student and may be reserved 24 hours at 775-5413.

campus Chat

What is your best Christmas memory?

Photos and comments by T.J.Hooker

Dave Hughes
Castleton VT
Jr
Major- Theatre Arts

"My Aunt and Uncles Christmas party because they can throw one heck of a bash".

John Eugair
Florence VT
Sof
Major-Business Management

"Eating three turkey dinners in one day".

Ed Barbeau
Bennington VT
Sof
Major- Computer Information Systems

"A couple of my friends and I bought a friend a blowup doll for Christmas and he took it to the senior prom.

Matt Howland
Rutland VT
Sr
Sports Medicine

"Christmases with the whole family together".

Justin Bagley
Leicester VT
Sof
Major- Math

"All the trips to see family from out of state".

Kevin Kelly
Rutland VT
Sr
Literature

"When I was three or four, my uncle dressed up like Santa and came into my house. My parents woke my up and told me Santa was in the house and I saw him putting presents under the tree".

Melissa Alarie
Rutland VT
Sr
Computer Information Systems

" My Husband asking for my hand in marriage".

Shelia Brogan
South Portland Maine
Jr
Social Work and Sociology

"I made a candle in second grade to put on top of the tree".

Michael Bonner
Orwigsburg Penn
Jr
Forensic Psychology

"When Shelia dressed up as Santa sat me on her lap and asked me what I wanted from her".

Letters to the Editor

The number of bottles and cans carelessly thrown away on campus is very high. Students in dorms toss them in the trash and never think twice, while the precious plastics and aluminum being dumped are not fulfilling their true potential. Everyone has heard about recycling as a kid, it was a major part of your elementary education, but several people are not doing their part to ensure the beauty of the planet.

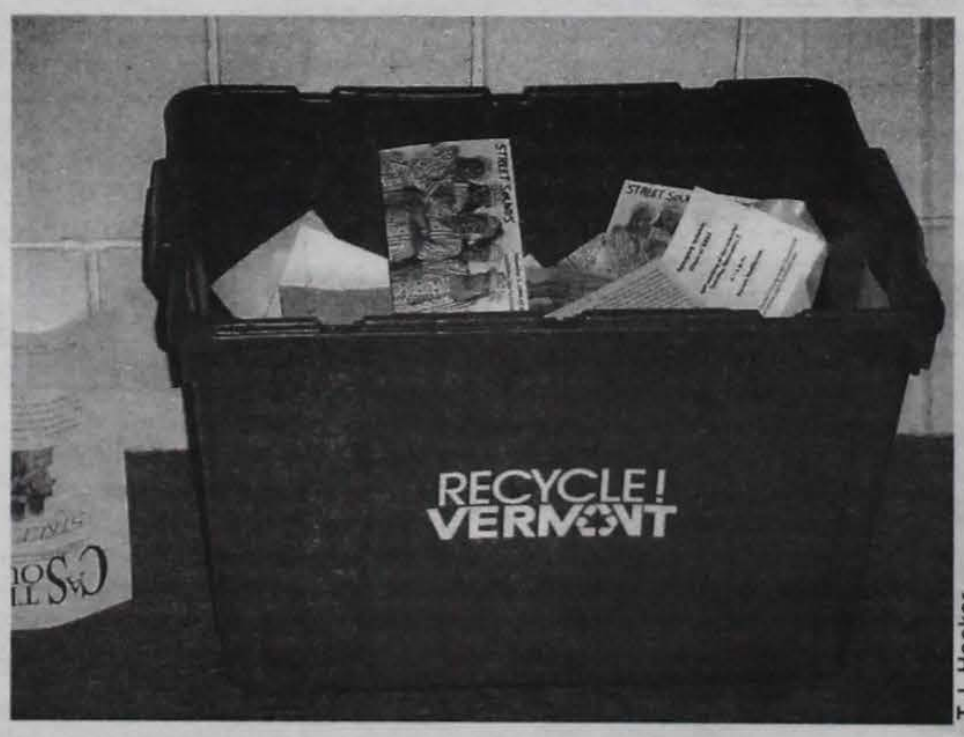
Aside from not littering and making sure your cigarettes don't land on the ground, students all over can also do their part by making sure that bottles and cans make their way to a recycling facility. The thought is, if students had a place to drop off bottles and cans, would they actually do it? A few different opinions were expressed.

Sarah, a sophomore, said, "A lot of people on campus are just too lazy to pick up after themselves and that includes taking care of the bottles and cans they are responsible for." She later added that "people just don't care how the earth looks and don't see that the way they are letting their actions get out of hand is eventually going to take its toll." Then, her friend Jen spoke her side as well. "I think that if you were to put a recycling center in the laundry rooms on each floor of the residence halls, then more people would be putting their bottles and cans there instead of just in the garbage." The two girls agreed that it would take some encouragement to get the students to actually take charge and do what is right and good for the planet as a whole. The question on the students' mind is, where can we go to get this to happen?

Many supermarkets have machines set up to change in your bottles and cans, and even some small stores. Where are students supposed to go to do their part for the environment? Some residence halls have recycling bins on the first floor, but for some, that is not enough. How can you get more facilities put onto campus? You might try student life, or perhaps talking to your CA. They are a few people who will help you out with this task. You might suggest that you take the money and put it towards some improvements in the residence halls. "I once gathered twenty dollars in bottles and cans. I told the girls on my floor to just send their empties my way, and they did." Sam said. "I bought pizza and shared it with the other girls."

Recycling cans is a great way to begin beautifying the world; by doing a little here and there, you would be surprised by what you could accomplish. Talk to your CA about recycling and what you can do to help out; you could be the one to get a recycling bin put on your floor. For more information, just visit: http://www.recycle.com/

Sincerely, Crystal Johnson



T.J. Hooker

Letter To the Editor

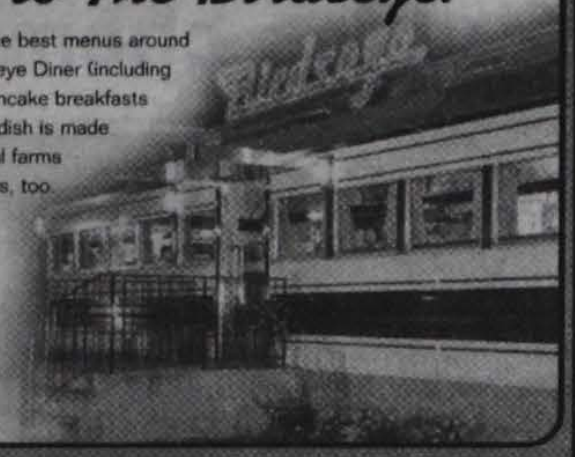
On behalf of the senior social work policy class I would like to thank Caprice, and the RCHC for the opportunity to gain hands-on experience dealing with policy and for their time with the service learning project.

Sincerely, Precious Rounds

Birdseye

Next time you visit Castleton, come down to The Birdseye.

Enjoy great food from one of the best menus around in a classic setting at the Birdseye Diner (including counter seats). From hearty pancake breakfasts to juicy custom burgers, every dish is made with fresh ingredients from local farms and suppliers. Vegetarian dishes, too.

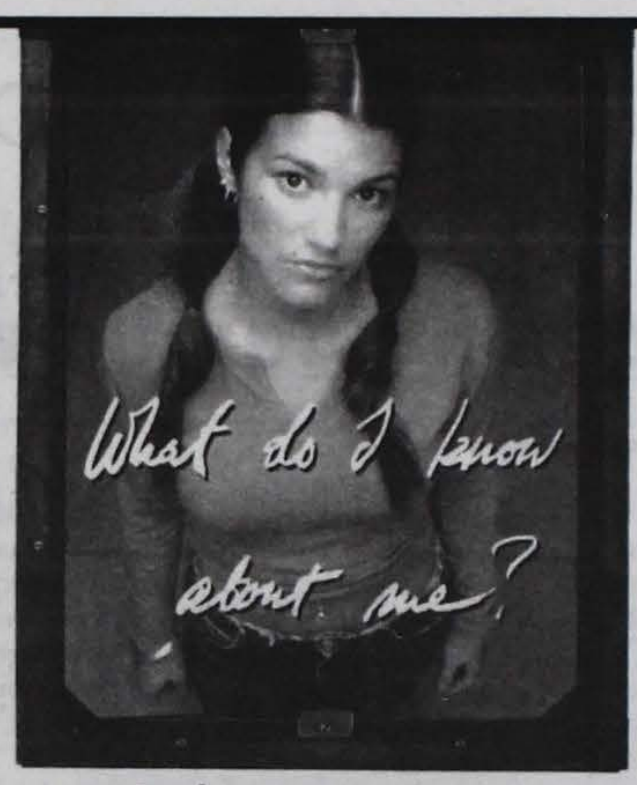


Birdseye DINER

468-5817

We Deliver

OPEN 7 TO 9 EVERY DAY. WINE AND BEER. PHONE ORDERS WELCOME.



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Take care of yourself.

For annual checkups, birth control, emergency contraception, pregnancy testing, and testing & treatment for sexually transmitted infections.

Call 800.230.PLAN
The phone will ring in the health center nearest you.
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Wraps
Subs

THE COLLEGE SPECIAL

FROM 9 PM TO CLOSING
16" CHEESE PIZZA
$5.00
$1 PER ADDITIONAL TOPPING

THE WEEKENDER SPECIAL

EVERY FRIDAY & SATURDAY AFTER 5 PM
TWO 16" PIZZAS WITH ONE TOPPING ON EACH FOR ONLY
$16.99
(TAX NOT INCLUDED)
PLEASE MENTION THIS SPECIAL WHEN ORDERING.

Superior NY Style, thin-crust Pizza

***FREE* Delivery**
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Main Street, Castleton

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Full deli with meats cut to Order!
Gorceries and specialty foods

Everyday low prices
1 doz. eggs .$.99
All gallons Garelick milk $2.59

Breakfast Special:
Breakfast sandwich and cup of coffee $1.59!
Lunch Special:
Mention this ad and receive a free 12 oz pepsi or coke product with the purchase of any overstufffed sub!

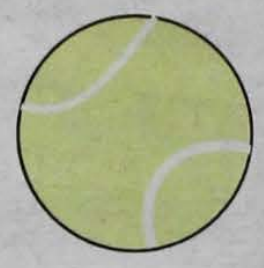
Penny candy, Jelly Bellies and more!
Call ahead and we will have your order ready.

"The Biggest Little Store You've Ever Seen"

Open 7 days from 6:30 a.m. - 7:30 p.m.
265-3332

Women's Tennis wins doubles championship

By Anonymous writer



Players on Castleton's Women's Tennis team dominated a sectional United States Tennis Association (USTA) tournament. The open tournament, for players at a 4.0 level (advanced), was held the weekend of November 23 & 24 at Grand Slam Tennis Center in Rutland.

Senior and team captain Lisa Terwilliger won the singles title, defeating teammate Chantel Robert in hard-fought finals, 6-4, 7-6. Terwilliger and another Spartan player, Michelle Robert, captured the doubles championship by a 6-4, 7-5 score.

Coach Paul Cohen, who was there for both final matches was "very impressed" with his team member's play. "It's great to have the opportunity to compete in USTA events against older, experienced players. Lisa, Chantel and Michelle all played well and showed how strong our team was this year. It was a great way to finish up the season, as we had no official post-season tournament this year."

T.J. Hooker

T.J. Hooker

T.J. Hooker

Castleton defeat's Salve Regina

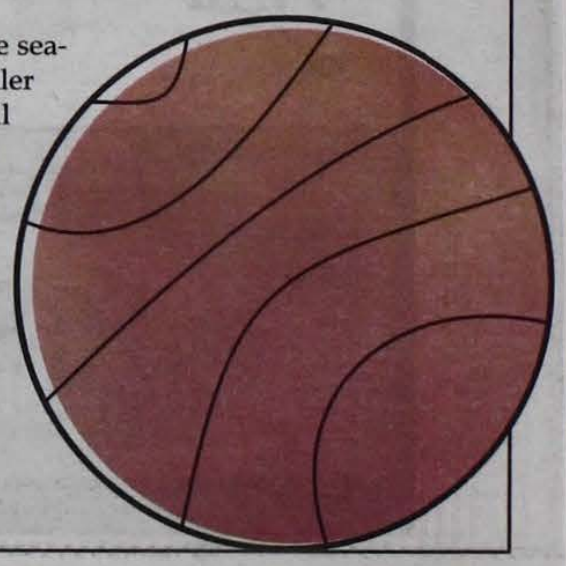
By Kirk Middleton
Staff Writer

The Castleton Women's basketball team opened their season at the Salem State Tip-off on November 23 against Salve Regina. In a 74-58 defeat Castleton's Andi Kaufman scored 14 points, Beth Ratner also scored 14 points and Lora Johnson scored 11 points. The day after playing Salve Regina, Castleton evened their record to 1-1, by defeating Regis College 66-52. Casey Wedge scored 24 points, Adrienne Venne scored 15, while Beth Ratner and Lora Johnson each had 12 points.

Coach Tim Barrett was satisfied with his team's performance in the Salem State Tip-off. "I was pleased with the way we played this weekend, I saw good balance. We got a lot of contributions in both games, three kids were in double figures against Salve Regina, and the next day four were in double figures against Regis," said Barrett.

Among the coach's concerns heading into the season was Castleton's ability to rebound against taller opposing players. Against Salve Regina, April Masterson had 10 rebounds, and against Regis, Lora Johnson and Adrienne Venne each had 12 rebounds.

Only eight Castleton players were suited up for the first few games of the season. "We still have three players out with injuries. We hope to get Liz Martin back by the beginning of next semester in January, by then we should be at full strength," said coach Barrett.



The Cairn

Castleton State College's Student Newspaper

Free

03.13.02

Resident Halls Expect Changes

By Jennifer Clifford
Staff Writer

Keep your eyes open for new changes in resident halls starting in the fall of 2002.

On campus housing will be drastically changing next year. Ellis, Morrill, and Wheeler Halls will house upper class and transfer students. Babcock, Adams, and Haskell Halls will house first year students. All housing sign-up will come from a priority list. For the first time in years there will be no squatting of current rooms by anyone.

According to Deri Wills, director of Resident Life, CSC will have two resident communities. On the Babcock, Haskell, and Adams side of campus will be completely dry. On the Morrill, Wheeler, and Ellis side of campus; students who are at least 21 will be able to possess alcoholic beverages.

Also next year there will be no longer resident directors or resident assistants. There will be two community coordinators, one for each side of campus. Community adviser will take the place of the current resident assistants. There will be four community advisers in each residence hall. The purpose of this change is to have a full-time office worker available during the day. They will work out of their office; which will be located on the first floor of Babcock Hall. If a student gets locked out of their room during the day, all they need to do is call the office worker on duty to be let back into their room.

> "We're here to build a community and this is the best way..." said Wills.

A community advisor from each building will be on duty from Sunday through Thursday from 6 p.m. –8 a.m. They will be on duty all day on Saturdays and Sundays.

"We're here to build a community and this is the best way to make CSC more of a community," said Wills.

There are mixed feelings among students. Several students have petitioned the hall changes over the past few months.

"Students are the main support of this campus and for Dei to ignore what students want is wrong," explained Rebecca Towne, a fifth year student.

"I don't like the idea at all, I got 250 students to sign my petition, but apparently Deri doesn't listen or care to listen to any student's opinions. Did Deri consider where handicapped students will live next year? Babcock is the only hall with an elevator.

Students in wheelchairs will have no choice, but to live on the first floors of the other halls," said Ryan Cymerman, a second year student.

"He's not very intelligent for uprooting upperclassmen," said freshman, Kristen Baker.

While the majority of students living on campus protest the change. There are some who don't mind.

"It's not a big difference, living close to the STEP center will be good for freshman," said sophomore Gayana Badalyan.

The fall of 2002 incoming freshman class is expected to be a very large number. There is room for 354 residents in Babcock, Adams, and Haskell Halls.

"I expect to fill every room with at least two residents," said Wills.

In the past, vacation housing has always been in Babcock Hall, but starting next fall, every hall will remain open for break.

Students will be able to choose any building and not have to worry about where they will stay over breaks, according to Wills.

Students staying in their residence halls will be charged for heating costs.

Wills hopes that the community advisors on the freshman side of campus will educate and inform their residents more about First Year Seminars and Soundings events. While on the other side of campus, he anticipates community advisors informing their residents about graduate schools and life beyond graduation.

"Once everyone is able to accept the changes, I think everyone will see how beneficial the changes are going to be, Wills commented.

Commencement Change Concerns Seniors

By Lluvia Stanak
Staff Writer

Many seniors discovered a change in the date for Commencement over Winter break, as Graduation will be held a day earlier this year on Saturday May 18th instead of the traditional Sunday. In addition Graduation will now be a candidate ceremony, meaning that graduates will not receive their actual diploma during Commencement.

There has been a letter drafted by the President explaining the reasons that the date has been changed. In the letter President Wolk writes, "There are several reasons for the Saturday commencement. Every year there is a conflict with UVM's Sunday graduation. This has caused hardship for our staff and for parents who must face a difficult choice. Indeed, I have this conflict this year and, of course, I want and need to be present at both events."

The Commencement Committee worked very hard for over four months in weighing the pros and cons for changing the date. First a change in time, from 1:30pm to 4pm, on the traditional Sunday was considered. This plan was rejected due to the strain it would put on traveling families after the ceremony. Committee members were concerned that parents and friends who had to work the next day would not get home at a decent hour after Graduation. Academic Dean Joe Mark remarked that the change in the date "will now make it possible for graduates and their families and friends to enjoy this special day without having to jump into the car for what could be a several hour trip home."

The change to Saturday was only decided upon after the committee considered all possible compromises for keeping the date the same. Finally, with help from offices across campus and the approval from Faculty Assembly, a revised and condensed schedule for Commencement weekend was made. Basically all events that were originally going to be held over the course of three days will now be fit into two. Starting Friday May 17th Seniors will have a rehearsal, a dinner, and the traditional candlelighting. Early that evening the Nurses will have their Pinning Ceremony. Saturday will consist of Honors and Department Receptions in the mor-

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THE CAIRN

FEBRUARY 12, 2003

-Est. 1920-

Weather Forecast

TODAY, FEB. 12

MOSTLY CLOUDY
HIGH 19, LOW -9
20% PRECIPITATION

Thursday: cloudy, high 10 F low -19 F
Friday: partly cloudy, high 18 F, low 1 F
Saturday: snow shower, high 23 F, low 0 F
Sunday: mostly cloudy, high 26 F, low 0 F

Source: The Weather Channel

"Education is a better safeguard of liberty than a standing army" -
Edward Everett

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Classic film raises awareness

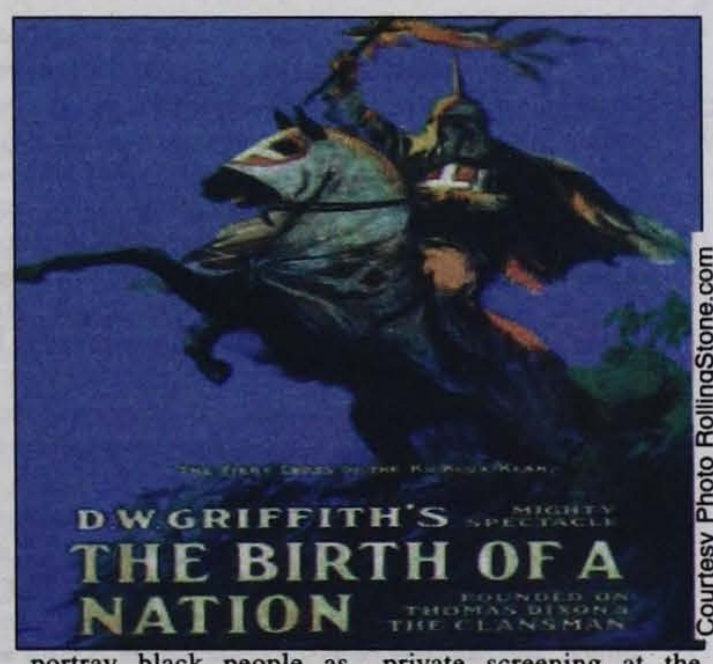
by Kirk Middleton

Tersh Palmer is running a Southern Literature film series each Thursday at 6:30 p.m., in the Herrick Auditorium. Each of the movies that are shown has a Southern theme and is based on a novel. Gone with the Wind is the next film to be shown.

The first film shown on Jan. 30th was D.W. Griffith's The Birth of a Nation. The film was a big hit in 1915. It is considered a masterpiece by some and explicitly racist by others. It is based on Thomas Dixon's The Clansman. The film presents the Ku Klux Klan as heroes and Southern blacks as villains. The bulk of the film centers on the post-Civil War Reconstruction Era in the South. "It is one of the most well known early films with a Southern focus," said Palmer.

Palmer went on to say that this racist and non-accurate film has no connection with black history month, but is the first piece of a series of Southern films he will be showing. The other films on his list do not come close to matching the controversy that The Birth of a Nation caused.

The NAACP criticized the movie shortly after its creation, for its racist portrayal of blacks. Riots broke out in major cities such as Boston and Philadelphia, among others. Not only did the movie



Courtesy Photo RollingStone.com

portray black people as being childish and often violent, but also white actors who had their faces painted black filled the film's major black roles.

President Woodrow Wilson during a private screening at the White House is reported to have said, "It's like writing history with lightning. And my only regret is that it is all terribly true."

Like Wilson, many whites

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U.S. mourns second shuttle loss

by Lindsay Hale

Yet again, our nation grieves over more deaths to those that are innocent. On Saturday, February 1, 2003, the Space shuttle Columbia for unknown reason broke into flames as it re-entered the Earth's Atmosphere. Debris from the craft spread over hundreds of miles of Texas, just 16 minutes before it was to land at Kennedy Space Center in Florida. A NASA official said that all seven astronauts were most likely alive for much of the shuttle's descent and breakup. It is very unlikely that they would die instantly. The department of Homeland Security said that security was unusually tight this mission because of the involvement of the Israeli Air Force Col. Ilan Ramon, Israel's first astronaut. NASA feared that Ramon's involvement would make the shuttle a terrorist target, but security officials reported no threats.

Courtesy of cnn.com

NASA said the first sign of a problem was right before they lost contact, when sensors stopped working on the shuttle's left wing. Ron Dittermore, Shuttle program manager, said that they were not the only failures, immediately afterward such problems occurred like the loss of sensors for tire pressure

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-The Cairn-

EDITORIALS

Oh the possibilities

You cannot blame your boredom on our school. You cannot say, "hey, I wish there was more to do around here." There is plenty to do. Dare we consider an activity worthwhile if it has rules, or if it lacks alcohol? If you made your way into the Student Association office, you would find many extracurricular activities available, a few with your major in mind. For an obvious example, what about your campus newspaper? I hear complaints about how student's voices are ignored here, how they have no creative outlet, and how they wish there was more to do than schoolwork. I have also seen many communication majors unwilling to get involved with a resume-boosting activity such as our paper. For some, the reason is that they do not believe in their personal abilities. For others, the paper is a joke. All I have to say to them is why don't you come contribute and make it better? Our staff is very small, and we will admit that we need all the help we can get. The Cairn has recently been on a path to recovery. A bigger, more dedicated staff would help make it something to boast about.

Currently, the journalism classes are our staff writers, since no one seems to be interested in anything outside of class requirements. Communication majors who are willing to do extra work for real-world experience are apparently few and far between. Come prove me wrong. I have known some talented staff members whose abilities have gone unappreciated to the point of giving up.

There are other facets on campus that are throwing opportunities and services at us. The STEP Center, for example, should be seen as a resource, not a chore or an insult to one's capabilities. When you go to STEP, it is to make you a better student. Just like every other office or activity available to us here. Career Development is an asset that we will miss once we graduate and reach the job market. Take advantage of the help Judith Carruthers offers. She faithfully posts the Outhouse Gazette for anyone who needs any assistance with building a resume or developing interview skills.

I would like to utilize The Cairn as a way to share information and keep everyone up-to-date on campus activities. It should be used as the tool that it is- a medium to relay information, and a common forum to share ideas and plans. This is most important for the Communication majors out there that are not taking part of this production. This is where the experience points can be racked up before you start the real game. All it takes to change something is a few voices coming together. Spend your time in a constructive way- look into all the opportunities this campus has to offer. We students are at an advantage- never again are so many resources going to be so readily available to help us learn.

-Billie Pisaniello-

Reality?

It used to be, there was real life and then there was TV. You watched TV for entertainment, fun, distraction, and maybe even as a temporary escape from reality. Many social scientists have long believed that what people view on television affects audiences' perception of reality, but you never thought that much about it. You were just watching sitcoms and cartoons.

Then Hollywood introduced Reality TV. Could they have made it any more obvious they were trying to plant ideas of what the real world is like in the vulnerable minds of children and young adults? The question I ask is: If what we see on TV is reality, then what are our lives? Pretend?

Apparently, in order to make sense of the latest television craze, we must redefine the term 'reality.' It appears to connote being a public spectacle, 24 hours a day, while attempting to live in close living quarters with total strangers, all of whom are models or body-builders, who are irresistibly appealing—and would continue to look gorgeous, even if they were stranded on a deserted island for two months.

Watching a week's worth of primetime television just might leave you asking 'How realistic is "reality?"' Do you and your friends put on bikini tops, have your hair professionally styled, then dare each other to eat cow intestines or lie in a pit with worms slithering over you skin? And what about your love life? You could just date someone, whomever you are most attracted to, physically and emotionally…but that would not be as "normal," or as "real" as introducing candidates for a date to your mom and dad, embarrassing the potential dates to no end, and then letting your parents choose the love of your life. (Or, better yet: Why not let all of America in on the decision-making?) If I try to see the issue from the other side, I could guess it's called reality TV because they take "real" attractive young adults and put them in weird situations. But—then why don't they call it "weird TV?"

-Jess Dewey-

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-The Cairn-

EDITORIALS

The color of Castleton

If you want to know what color dominates the campus of Castleton State College, all you have to do is look out your window. What you will see is the color white. I am not talking about the 50 inches of snow that has piled up outside, I am talking about Castleton's student body. Take a walk through campus some day and count the number of minority students you come across. Do not worry about being strapped for time; this will not take you very long.

There are currently 1,645 undergraduate students attending Castleton. Out of that number, 41 are minority students. They compile roughly two percent of the student body. When I decided to come to school in Vermont, I was not expecting to see a large number of minority students. However, the incredibly low number of non-white students at Castleton has me shaking my head. College is a place where young men and women are supposed to grow as people. Part of that process is to experience new things, learn new cultures and meet people who might not come from the same ethnic background as you do. I mean, isn't that a part of learning? Going to college and getting a degree should not just be about books and tests. We are supposed to be getting ready to go out into the world and succeed. It is hard to be successful in the real world when you are going to college in a fantasy world. What would happen if a Vermont resident graduated from Castleton and took a job in a big city like Los Angeles or Miami? Since Castleton students have not been prepared to deal with a diverse population while at school, should we be surprised if they struggle adjusting to a new environment once they graduate? How can a person understand an issue like racism when they have never met anyone who has encountered it? If you are wondering what I am talking about, go ask Chrispin White how long it takes him to get a cab in New York City.

So why is there such a low number of minority students at Castleton? Is it because the administration is just a bunch of non-caring white elitists? Of course not, the college is aware of the problem and the people I have talked to would like to see more minority students attend Castleton. According to the college, the biggest factor for the low minority enrollment is money. The college has a budget for recruiting high school students and they use that money to target schools where they have had success recruiting students in the past. Castleton does not use the money to recruit students in inner cities because they say the interest is just not there. If this is the case, how does Castleton explain the University of Vermont's TRIO program? TRIO is an educational outreach program targeted to serve and assist students from low-income families and it has been very successful. The University of Vermont uses TRIO to help recruit minority students to their campus. According to the director of the program, by using TRIO the University of Vermont now has a partnership with high schools in Boston and the Bronx, and they have seen minority enrollment jump 30 percent over the past two years. Maybe Castleton would have a greater success recruiting minority students if they put more of an effort into the recruiting process.

Too many people at this school have grown comfortable believing the reason for the lack of minority enrollment is based on the fact that those students do not want to attend college in a state like Vermont. I am not buying that argument. Vermont is one of the states that participates in a program called the Fresh Air Fund, where a non-profit organization takes kids from inner-city homes and places them with a family in the country for the summer. This program has had a great deal of success and a lot of the kids who participate in it love being in a peaceful place away from the noise, violence and drugs of the big city. For those who wake up in the middle of the night to the sounds of gunfire and police sirens, living in a quiet place like Castleton is an attractive option. The bottom line is this: Castleton has appealing qualities to offer minority students. The administration just needs to put more of a priority on selling the school to a larger variety of people.

Another way to increase the number of minorities on campus would be to offer scholarships or financial aid programs targeted to minority students. Castleton used to give out a minority scholarship but they did away with it in the 80's. If the school offered more programs tailored to minority students, it might persuade more of them to attend Castleton. Similar to the TRIO program, New York State offers financial programs like EOP and HEOP for students who come from low-income backgrounds with limited educational resources. Schools use these kinds of programs to build racial and cultural diversity amongst their student body. I attended a school in central New York that was very much like Castleton and 18 percent of the student body was made up of minority students. When I asked some of them why they left the city to attend college in the middle of nowhere, they told me it was because of the financial programs the school offered. If it had not been for the financial aid packages they received, many of those students would not have been able to afford college. Not only does Castleton need to look into their low minority enrollment, the state of Vermont needs to look at this problem as well, and create more programs that will attract minority students to attend college in this state.

While many at Castleton are concerned about the lack of minority students, the problem does not seem to be a priority right now. Most of the students I have come across appear to be indifferent on the subject. If the students are not upset about the lack of minorities on campus, why should the administration lose sleep over it? While we live in a state where a large majority of the population is white, Castleton should try harder to make its student body more diverse. The school tells all its students that they are required to take Soundings in order to graduate because it helps us gain "tolerance for and appreciation of culture and intellectual diversity…." I just do not see how a bunch of white kids going to see a puppet show makes the campus culturally diverse. No one is arguing the fact that getting minority students to attend a small school in Vermont is a challenge, but hopefully President Wolk and the rest of the administration at Castleton will take on that challenge and try to make a difference. This way the future of Castleton and its students will be bright, not just white.

-Tom Casale-

-The Cairn-

Campus News

Workstudy shortage

by Corinne Casella

You are having that dream again, you know the one. You walk into the library to check out that book that you desperately need for class and no one is around to help you. You try to grab a sandwich for lunch at Huden and the place is deserted of not only food but of anyone to complain to. Mom is sending a care package, but there is no one at the mailroom, so you miss it. You wake up in a sweat and thank the dream gods that it was not real. The scary thing is that this could come true if more work-study students continue to lose their job.

Kelsey Dangelo

Okay, that scenario might have been a bit of an exaggeration, but the truth is, work- study students are the silent workers that keep this college going. Without them most of the things that students and faculty take for granted would be a lot harder, or would vanish all together. No one associated with the campus can pretend to be ignorant of the role these students play in keeping the school running smoothly. There are work-study students employed in every department across campus, 500 students in all. We should not ignore something that affects 500 students out of a student population of roughly 1,600.

With the cost of tuition rising every year, most students and their families could use the extra help that these jobs provide. Yet there is a limited amount of space, therefore, students must apply to become part of the work-study program. First, they must fill out a Free Applicant for Federal Student Aid form (FAFSA), which determines whether they are eligible for the program. Then they receive communication, usually through a letter telling them if they have been accepted or not. Unfortunately, many students who need work-study do not get approved due to space and money restrictions.

According to Elaine Kreisler, Financial Aid officer, each department gets an allotted amount of funding according to need and space available. Some departments get more funding because they employ more students. The question of funding is where the trouble originates for the students. Students tend to lose hours and pay when the department they are employed by can no longer sustain them. In this regard, Castleton has its hands tied. Despite what you might think, most of the money does not come from the college itself. Seventy-five percent of the money comes from the federal government where only 25 percent comes directly from Castleton.

So despite our needs as a college and the needs of the students themselves, there often is not enough money to back it up. Unfortunately, this is one of those problems that does not have a right or wrong answer, and there is no one group available upon which to lay the blame. Maybe the solution can be found among the collected efforts of students and faculty working as one to resolve the issue. Castleton may only be a small state school, but it is not powerless. If the lines of communication are kept open with the local and state governments, an answer might be reached.

Courtesy of directoryofstatepolice.com

Castleton crackdown

by Becky Becker

You are having that dream again, you know the one. You walk into the library to check out that book that you desperately need for class and no one is around to help you. You try to grab a sandwich for lunch at Huden and the place is deserted of not only food but of anyone to complain to. Mom is sending a care package, but there is no one at the mailroom, so you miss it. You wake up in a sweat and thank the dream gods that it was not real. The scary thing is that this could come true if more work-study students continue to lose their jobs.

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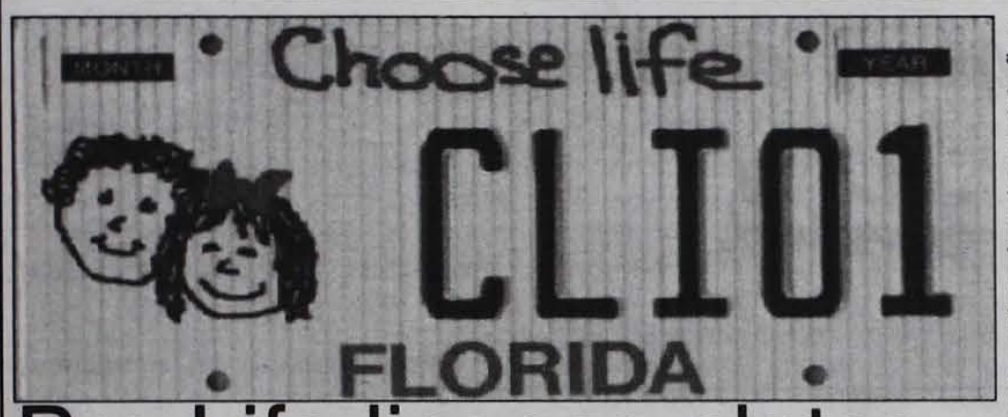
-The Cairn-

NATIONAL



Courtesy photo from hsmv.state.fl.us

Pro-Life license plates ruled unconstitutional

by Christy Howe

Just as recently as December 2002, a federal court judge in Columbia, South Carolina ruled a program offering pro-life license plates as unconstitutional. The sale of the plates funded adoption-oriented pregnancy counseling. The judge's decision was based on the fact that pro-choice plates were not offered as well. From the judge's perspective, this action inhibited the pro-choice movement's chance to share their message in the form of license plates. The judge felt it was unconstitutional to provide a forum for one side and not the other.

This came as a surprise to the pro-life community since in 2001, Planned Parenthood went to the Supreme Court claiming that the pro-life plates were unconstitutional , in violation of free speech. The Supreme Court later lifted the injunction against the license plates on December 2, 2002. The plates were legalized in South Carolina and six other states.

Since Roe v. Wade in 1973, legal abortion itself has become both highly publicized and highly controversial. This issue stems predominately from the opposition between the two main views, Pro-Life and Pro-Choice, one calling for the reversal of the law, and the other in firm support of it.

Thus it is not surprising that the controversy was re-ignited when the constitutional grounds of the license plates was questioned. As the debate ensued, both sides presented their arguments in court, with the public following and reaffirming their beliefs.

From the pro-choice view, these license plates are unconstitutional since they contribute to "private speech", the selection of plates being a decision made by individual. As decided by the judge, this allows a forum for only one side.

The pro-life perspective argues that the plates do not violate the constitution on the grounds that they are "governmental speech", demonstrating South Carolina's preference to childbirth over abortion. Also, questions arise on why other license plates supporting opinions, such as wildlife conservation are constitutional, when pro-life plates would not be. What makes the expression of opinion that conserving wildlife is positive more constitutional than the expression of desire of conserving human life?

This is an issue not merely involved with an individual's stance on the subject of abortion . It also has to do with U.S. citizens' rights to free speech, no matter how popular or unpopular the view. Has this issue stifled our right to voice our opinions, or has it protected that right?

Bush unveils budget plan

Courtesy of Libertarian Party

Bush's dirty little budget secret: $10 in new spending for every dollar in tax cuts, Libertarians say

WASHINGTON, DC -- If you think President Bush's tax cuts will save you money, guess again, Libertarians say, because the long-term spending increases in his new budget outnumber tax cuts by a ratio of 10 to 1.

"Showing gratitude for Bush's tax cuts is like thanking a pickpocket for returning $10 of the $100 he just stole," said Libertarian Party Chair Geoffrey Neale. "This budget proves that Bush and his Republican colleagues are nothing more than political pickpockets ± and that the American people are their unwitting victims."

Bush presented Congress on Monday with a $2.23 trillion budget for fiscal 2004 that boosts federal spending by 4.2 percent overall while setting a record deficit and providing targeted tax cuts.

But Libertarians are warning Americans not to be distracted by Bush's tiny tax cuts ± because they will be dwarfed by a massive increase in government spending over the next several years.

According to a budget analysis by the Cato Institute, Bush plans to increase federal outlays by $89 billion in 2004, $114 billion in 2005, and more than $100 billion in succeeding years, Neale noted.

"The bottom line is that federal spending would be $571 billion per year higher in 2008 than in 2003," he said. "By that point, Bush's tax cuts would be reducing federal revenue by just $50 billion annually ± meaning long-term spending increases outnumber tax cuts 10 to 1.

"In plain English, something that is 'cut' is supposed to get smaller. But in Republicanese, 'tax cut' really means 'spending increase.'

While some Americans will indeed get a small tax reduction now, they're going to pay for Bush's big-government agenda tomorrow, either through future tax hikes, more government borrowing, or both."

In fact, Bush's spending plans are so extravagant that he makes former President Bill Clinton look frugal by comparison, Neale noted.

"Clinton's 2000 budget called for spending $335 billion in fiscal 2004 on non-defense discretionary programs (excluding "entitlement" programs such as Medicare and Social Security)," he said. "But Bush is now calling for nearly $100 billion more than that: $429 billion."

The comparison gets even more stark when Bush's first three years in office are compared to Clinton's first three years, Neale pointed out.

"According to the Cato study, Bush has already expanded such domestic programs more than twice as much as Clinton did: 18 percent vs. 8. percent," he said. "It seems there really is a difference between Democrats and Republicans: Democrats brag about their big-government instincts, while Republicans lie about theirs."

But the budget trickery doesn't end with tax-cut shenanigans, Libertarians note.

"Remember how the president promised to 'save money' by consolidating dozens of federal agencies into one new, streamlined Department of Homeland Security?" Neale asked. "Bush's new budget provides a whopping $36.2 billion for the new bureaucracy, which is 7 percent more than had been spent on the agencies that were combined to create it."

Unfortunately for taxpayers, that's not all."Bush's projected budget deficit excludes hundreds of billions of dollars in unfunded liabilities, such as

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Valentine's Day

What girls want and what guys think

Guys

Valentine's Day is a made-up holiday between Christmas and Easter.

Targeted toward women because they want chocolates and roses

Men will buy those things to make the women happy.

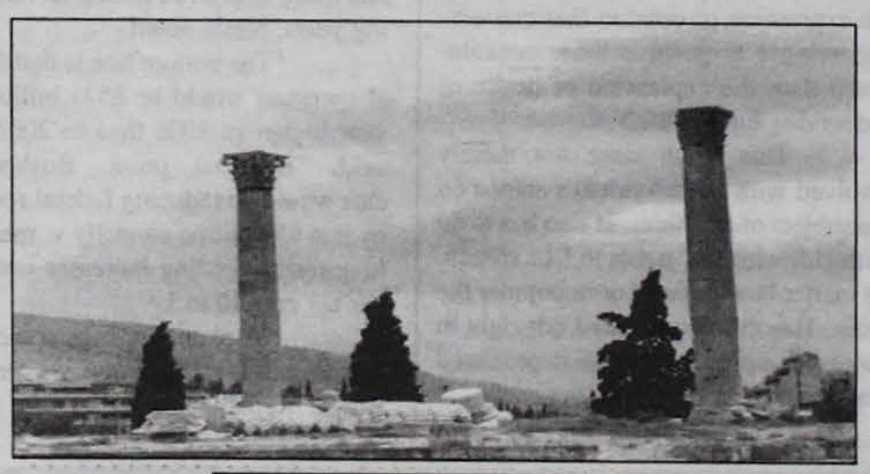
Makes single people feel left out or alone.

Go to a strip club and drown your sorrows.

Instead of men buying flowers, chocolate and teddy bears, why don't women buy men pizza and beer?

Why do women get another holiday? They already have anniversaries and weddings.

If it's not just a female holiday, lets spend time together ice fishing



Girls

Brad Pitt wearing a fig leaf

Rose petals in a bathtub

Champagne and strawberries

Eating chines food and sitting on the floor in front of the fire with my boyfriend and my cat

A boyfriend

Become the stalked not the stalker

Just another day; I don't care

Red roses, chocolate, and Tiffany boxes everywhere

A massage

A present from my secret admirer

Ballroom dances

A couple diamonds would be fine

A ring...and I don't mean on the phone

An extra week for Winter Break

-The Cairn-

News

Classic film raises awareness, continued from page 1

felt the film was telling the truth with an accurate portrayal of racial politics. In 1915 the theme of the film was acceptable to audiences who saw it as real history and not as propaganda as it is viewed today.

People in those days were worried by the threat of integration and this film gave them reason to fear it. Whites in the film were presented as victims of a black mob, presenting reconstruction as a period of reverse discrimination. The films popularity may also be attributed to an upsurge of members of the Ku Klux Klan as angry whites flocked to join in the 20's.

The film concludes with a scene in which a white family is in a cabin surrounded by black soldiers. Right before the soldiers break in, the Ku Klux Klan comes to the rescue.

"Students that I talked to were shocked by the movie's racism. But they found humor in the way the film portrayed the Klan, especially in the scenes when they were rescuing," said Palmer. He added that the exaggerated gestures and extreme facial expressions used by the film industry in that period also had a humorous effect.

"It provides an interesting contrast with Gone with the Wind, a film in which the racism is more subtle," said Palmer. Gone with the Wind is known as the last plantation school novels. "It glorified the South and painted a pretty picture of generous landowners and happy slaves. Hiding and covering over the brutalities of slavery."

Palmer's reason for showing The Birth of a Nation is to give students an indication of how people saw the world in a different era. He however does not feel a connection with the values the film attempts to teach an audience. "It is definitely a racist film, but it is important to let people see this kind of imagery, not because it is good, but it allows people to see views from another time."

U.S. mourns second shuttle loss, continued from page 1

Most of the debris landed near Waco, Texas and the Louisiana border. One man reported seeing what looked like a charred torso, thighbone and skull on a rural road near what appeared to be more debris. NASA urged people not to touch the debris because it could be contaminated with toxic fuel. Anyone finding debris was instructed to contact the police and National Guard.

Experts said it would take a long time for any answers about why and how this happened After the shuttle launched on January 16, 2003 mission managers said that a piece of insulating foam had broken off from the external fuel tank and might have hit the left wing. A loss of just a few of the heat shielding tiles would put the shuttle at a greater risk Dittermore said, "we can't discount that there might be a connection."

Thousands of people witnessed as the tragedy unfolded. The Federal Aviation Administration issued a notice to aviators because the National weather service was picking up a debris cloud about 95 miles long and 13 to 22 miles wide over Lake Charles, Louisiana.

Relatives of the crew were at Kennedy Space Center waiting to greet their family members. NASA officials hurried them off the strip and placed them in seclusion immediately following the tragedy.

Bush unveils budget plan, continued from page 5

Social Security payments," he said. "The military budget is scheduled to grow by $15.3 billion ± but mysteriously excludes money for the impending war on Iraq. And Bush's 'solution' to runaway Medicare spending involves squandering another $400 billion on it."

Maybe it's time for the American people to deliver their own budget message, Neale suggested: "Mr. President, please stop saving us so much money. We just can't afford it."

Huden makes changes this semester

by Scott Lanphear

This semester, Huden Dining Hall has made several changes in the way it serves food to the students. These changes include relocating the different food stations, providing more food made to order, and making the dining experience more individual for each student.

The dining hall staff is continuing many of the changes it started in December. One major change is that the pasta station is no longer self-serve, but instead there is a person preparing pasta dishes custom-made to each student. At the grill station, instead of having one special sandwich each day, they now serve hamburgers at every meal, with a grilled sandwich special at lunch and a burger special at night.

The dessert station has moved to the sides of the dining hall and the pies and cakes are individually made and are served in round portions for students to serve themselves instead of having separate pieces on plates. The deli has moved to where the main meal station used to be, and is now offering a special deli wrap and a salad at every meal. Food is cooked in smaller batches, sometimes in individual casseroles rather than in the traditional large cafeteria-style pans.

In addition to these changes, the condiments are now placed at the tables instead of in the communal area that used to be set up. The small juice glasses have been replaced with larger plastic cups.

Assistant Food Service Director Sharon Delio said that in making these changes, the dining hall staff is trying to make the students happier by "taking some of the mystery" out of the process by which the food is being prepared. "We haven't changed the food, per se, just the way it's presented and being fixed." She said many things are being made to order, and in much smaller batches. Delio said that much of the feedback she has heard from the students about the changes has been positive. She said that while the lines may be long, students are less likely to complain about them if they know their food is being made to order. She said it sometimes gets confusing because the lines sometimes intermingle and people do not always know what line they are getting into, but overall she said that the new setup seems to be working.

Most students seem to like many of the new changes. Dennis Relyea, a freshman, said, "It was a little confusing at first. I guess they need a little work at getting the signs in the right places." Overall, though he said it is a good setup. Jen Catharine, a CA in Babcock, said, "I like the fact that they have all the interesting new pastas, and that we get grilled cheese and hamburgers everyday."

Some students, however, have noticed some things that still need working on. Candy Daniels, a junior, said that, "The lines blend together and it's hard to tell what you're in line for." She also said that they do not have a good selection for main meals, and that the pizzas are overcooked, and they need more vegetarian pizzas. Overall, she said that there are too many fried and fatty foods served. She asked, "Where are the turkey burgers? Where are the quesadillas?"

Kelsey Dangelo

-The Cairn-

REGIONAL

Brutal winter hits Northeast

by Dale Schaafsma

Over the last six weeks the Northeast has been plagued by weather patterns that include much snow, harsh temperatures and stiff northwesterly winds. These conditions have created an uncomfortable winter for many people. The last few winters were much milder, and have had below-average snowfalls.

Since early September, meteorologists were predicting that El Niño would be much stronger this year. El Niño, especially when in full force, may result in below-average temperatures and above-average precipitation in the northeast.

El Niño is the disruption of the oceanic atmosphere in the tropical jet stream. Under normal circumstances, the trade winds blow from east to west allowing warm water to accumulate in the Western Pacific Ocean, while the water becomes colder in the Eastern Pacific.

The result of El Niño is ocean surface temperature roughly eight degrees above average in the Western Pacific. With more evaporation and more warm air rising than normally, precipitation in enhanced in the Western Pacific. The Eastern Pacific Ocean and South American countries generally receive lower amounts of precipitation.

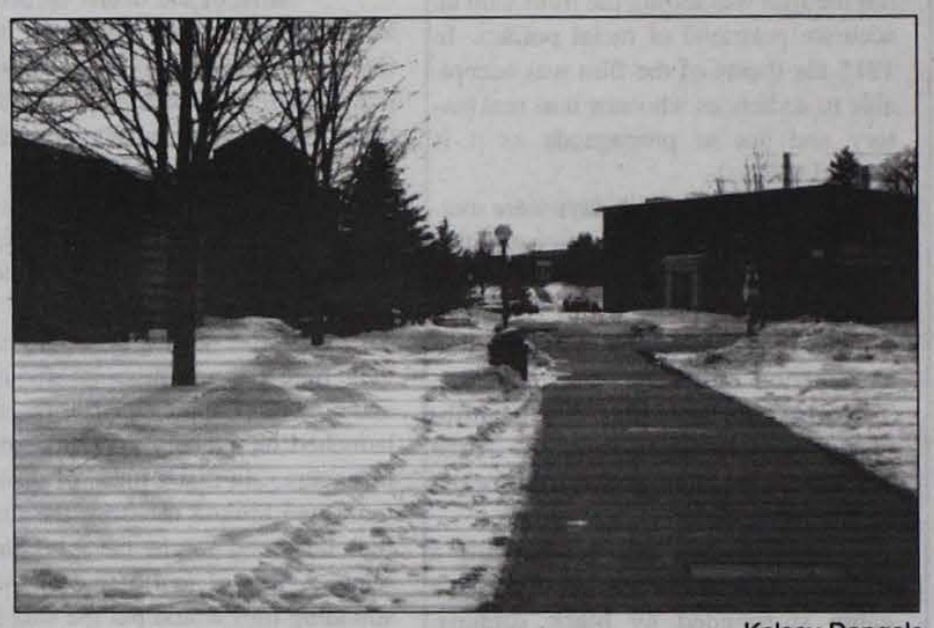
Increases in the temperature of the Central and Eastern Pacific Ocean result in evaporation and convection, especially in winter. This energizes the subtropical jet stream, which often flows through southern California. Storm systems follow the jet stream and precipitation amounts increase at the location of the current.

In certain situations a trough develops in the stream, particularly in the Northeast. At the same time storm systems move northward into cold air, possibly resulting in major Nor'easters, as we have seen this winter.

Clipper systems are moisture-starved systems that have brought brutal wind chills and inches of snow into the Northeast. Although the temperatures have been normal recently, in the past few weeks a series of clipper systems have dominated the weather.

While this winter has been cold and snowy, the last few winters were mild for several reasons. In the past, El Niño hasn't been nearly as strong. When El Niño is weaker, the temperatures are normally warmer in the Northeast.

In La Niña, opposite of El Niño, the temperatures are mild and precipitation in the Northeast is lower. La Niña is an average of the extreme ranges over a long period of time.



Kelsey Dangelo

Putting Panfish on ice

by Nick Smith

With a layer of fresh ice on local bodies of water, devoted ice anglers can be the first to sample the year's bounty, before the hook and bob crowd ever arrives. This early season bares the brunt of fillets for savvy, cold-weather anglers. Whether by the use of the mechanical tip-up or by the timeless art of jigging, Vermont winter panfish are abundant and here for the taking.

The task of icing winter perch, bluegills and crappies, revolve around the start and finish of seasonal cycles. With the ending of the last autumn migration, panfish have now found deeper and warmer wintering grounds to brave cooler temperatures. These staging areas can encompass the usual sunken timber, debris, and underwater points and ledges, familiar with most warm water specie patterns. For either of these panfish, these forms of cover are acceptable, and should be thoroughly canvassed when looking for a fresh bite. However, utilizing these secluded areas are not enough. Pan fryers can suspend at all levels of the water column, making their patterns quite unpredictable to the unknowing angler. Oxygen levels, temperature and the availability of zooplankton, can shift hovering schools several feet either way. The angler's job is to locate shifting schools and present bait that is favored.

With the topography and depth of most water bodies being far from consistent, each fishery holds an entirely different set of rules. It would be ill advised to assume a certain blanket depth for any species as a granted piece of knowledge. Of course, knowing the water body through past fishing experiences is the most precise manner in locating these hidden havens. However, with an inexpensive fish finder, and a quick cutting hand auger, the searching ice angler can cover a large area in only a matter of minutes. No area need be foreign again; one can rely on these staging areas, and their "sunken" knowledge to plays major roles in the icy equation.

A look in the tackle box

The simple and old-fashioned ideals of minnows and hand-lines have for the most part gone with the times. Graphite jig rods, temperature sensitive line and a plethora of baits, are now the norm to seasoned pan fishermen. An abundance of technology, not available to the anglers of yesteryear, makes this chilly sport much more productive for the average angler.

When jig fishing the first ice of January, it is important that the angler be adequately stocked with a large assortment of jigs, flies and natural baits to cover all situations. With a huge selection of jigs and flies on the market, an angler can have literally dozens from which to choose. From tiny, slow descending ice flies to large, quick sinking willow leaves the jig angler needs a versatile arsenal. Most importantly during this early season, is the weight of these imitations. With most species hovering much deeper then in the coming months, lures need to be much heavier then their spring counterparts. For bluegills, the 1/32 ounce teardrop

continued on page 9

, right? If you agreed, you are correct. Downsizing your presentation is the remedy to bait cautious panfish. Several split shots or a 1/16 ounce egg sinker pegged several inches above the jig or fly, solves this seasonal problem.

Methods for the Catch

Once the baits have been selected, their presentation is next in line. Within the last few years, the craze known as dually rigging has spread throughout Vermont waters. The once suffice single rig, has been thrown to the way side, and anglers have adopted this simple rig for its fish catching appeal. Unlike the single rigs, the dually, as its name implies employs two jigs or flies at once. Many anglers have found their own deadly combinations, whether with the use of two jigs or the use of bait and a fly, each angler usually has their special favorites. I have found for optimum success the need for a jig and fly to seal the deal with heavy slabbers. With the fly tied twelve to fifteen inches above the jig, the jig has a tendency to sink, while the fly gently drifts behind like a falling scud. From the eyes of a panfish, there could not be a more appealing scene.

Fishing these early season periods usually does not require the need for the fast or erratic jigging presentation presented in most ice fishing articles. The majority of these stories are written regarding pre spawn conditions when fish are more aggressive and packing on extra ounces for the spawn. Taking the speed down considerably, and being more aware of the gentler bite patterns found during early season, will increase your chances dramatically. The gentle drifting/raising action found with the jig and fly rig, gives that slower action needed for the less than enthusiastic fish. This tactic will work anywhere, and works best when employed during the slower sections of the early season.

Where do we go?

Choosing your locations need only be based on a few variables that coincide with all species of fish. Temperature, weather, time of day and time of season can all impact your choices. Temperature and weather can impact all locations, but fishing before of after either a severe weather or temperature change can leave you filleting slabbers until midnight. These natural elements warn fish of incoming disasters and consequently the need to feed. Time of day and season can change periodically, but a good rule to remember as with any creature: just before dark and just after dawn. Either of these times will stir hungry panfish from their sleep like states and send them out, in search of food.

Every year, several Vermont fishing holes are overlooked, many only a short drive from where you are right now! Probably the closest areas reside somewhere on Lake Champlain. A lake known for superb pan fishing, Champlain holds many hidden secrets.

For the northbound angler, the yellow perch fishing found from Shelburne bay north to Burlington is outstanding. With depths ranging from a few feet to a couple hundred, perch usually range in closer to shore, in the twenty to sixty foot mark. Here again, it all depends on those deciding factors, and only experience and preferably a fish finder can aid in the search.

South on route 22A, there is another Champlain hotspot that is known for its share of fish. Located in the central part of the state, Benson landing, houses more bluegill, crappie and perch than most lakes ever see. The "landing" as it is called by locals, is one of those need to fish spots that you will want to try. With water depth considerably shallower in most places, bluegill and crappie are the dominant species, but schools of perch are numerous. Jigging the water chestnuts and shallow weed line edges will insure a bite.

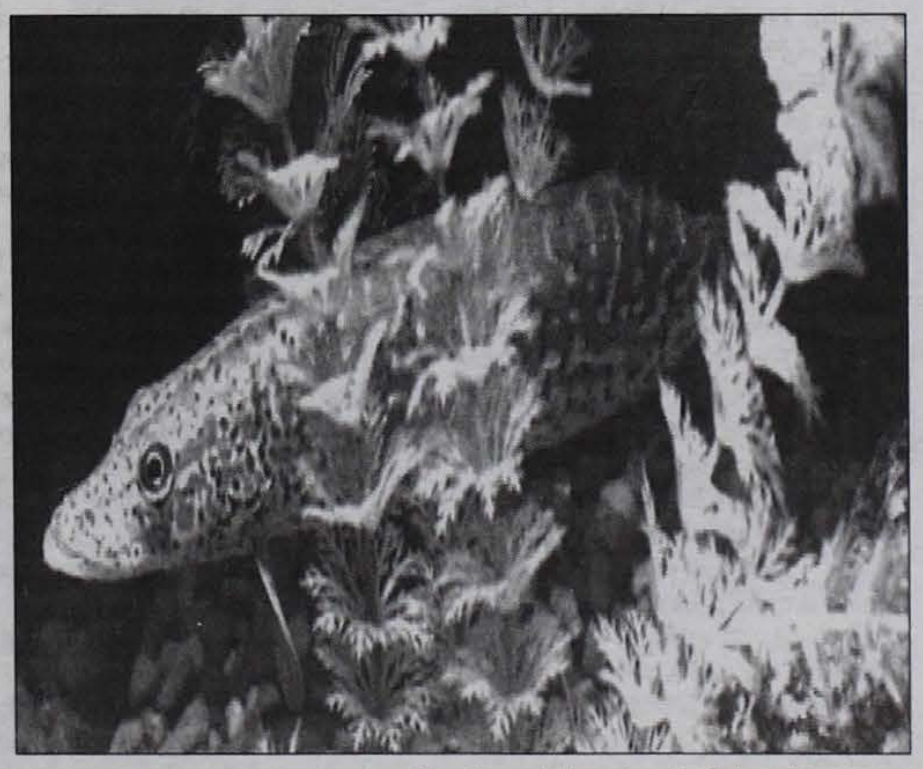
In the southern town of Whitingham, Harriman Reservoir is one of those perch waters anglers dream about. With the majority of the fish caught in deeper water, fish quality is guaranteed. The same methods, as with Champlain, apply with the exception of water chestnuts, which are not found here. Fishing deeper drop-offs and working into shallower bays, should uncover the quarry.

Most importantly, None of these water bodies is deemed safe until someone goes out on them. Do not be the first person; no fish in the world is worth the risk. Have a safe and successful season.

It's that time of the year again!

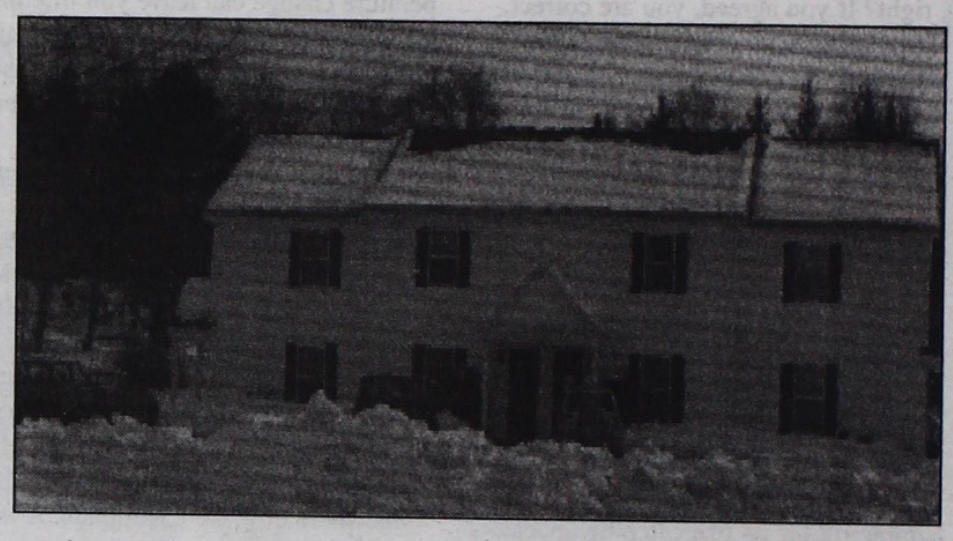
With ice depths on area water finally safe, it is approaching the most important period for dedicated anglers, tournament season! Regardless of February's reputation as the month of Vermont fishing derbies, anglers are charged and ready for the "start" of fishing season. This comes as no surprise to diehard anglers who have braved either sub-zero temperatures or thin ice throughout this less than desirable winter.

Fishing many of the smaller derbies held every weekend throughout February, local anglers are spooling their tip-ups and sharpening their hooks in anticipation for the final two tournaments. The Bomoseen Derby, held this year on February 15th-16th, is sure to bring many trophies out of the water. Anglers fishing for fame and prize money are required to try their luck on only Lake Bomoseen. However, with seven fishable miles available to the angler, this should not be a problem. The Great Benson Fishing Derby, southern Vermont's second and final derby for the season, wraps up the tournament trail on February 22nd-23rd. A much larger tournament, anglers can fish any body of water lying within Rutland County. Tickets for both events are available at local bait and tackle shops or by purchasing them directly from headquarters. Best of luck and have a safe and successful season!



Courtesy of departmentoffishandgame.com

FEATURES



Kelsey Dangelo

Financial reality: off-campus vs. on-campus housing

by Amanda McIntyre

"I'm having a party at my house!" Have you ever daydreamed about saying those words, but when you snap out of la-la land you realize you are a prisoner in a dorm room no bigger than a jail cell with campus security breathing down your neck? Many college students feel the same way. Having your own apartment seems like a distant grown up luxury, but it does not have to be.

If you are an out-of-state student going to Castleton State College, you could pay around $17,648 per year of which $5,782 is room and board, according to the college website. When you break the $5,782 down, it averages out to about $642 a month. In the academic year, September to May, there are four weeks of break in which the dorms close and students are sent home.

The cost of living in a dorm room is quite pricey compared to apartments off campus. According to the advertisements in the Vermont Classifieds, a two-bedroom apartment in Rutland can start as low as $520 a month, including utilities. When divided between two people, an apartment can cost half as much as a dorm room. Not included in this price is food, gas to and from school and any other personal expenses.

Justin Souza, 20, a sophomore at Castleton State College, recently moved off campus to a house in Castleton. Souza lived in Ellis last year and decided to move off campus for his sophomore year. Souza lives in a three-bedroom house with three other roommates. They each pay $235 a month rent, with electric averaging $40 each, and $15 each for the phone bill. When asked if he feels that living off campus is a better choice Souza said, "I think it is because it allows you to get a good night's rest and you do not have to deal with all the drama the dorms have."

Living off campus is not as easy as living on campus though. There are many more responsibilities when living off campus compared to living in a maintained dorm. "It is okay for the most part, but the thing that gets me is that [my roommates] don't do the dishes or clean that much. There are things you have to do to maintain a house so if you don't want to do anything, I would say live on campus," says Souza.

Jenny Olney, 19, also a sophomore at Castleton State College, shares an apartment with her sister in Rutland, Vt. This is Olney's first semester at Castleton State College after transferring from New Hampshire Technical Institute in Concord, New Hampshire. Olney's rent is $650 including heat, which she and her sister divide. Olney and her sister also split $13 a month on cable, $30 dollars for the phone and Internet, and $20 for gas each week. "Living on campus is better because it is easier to meet people and classes are closer, but it is cheaper to live off campus because the dorms are more expensive with the meal plan crap," Olney says.

The commute to Castleton can be an added hassle. "Where I live is a little bit of a drive so I can't walk to campus or anything like that," says Souza. Olney shares Souza's feelings on this. "I don't like the drive," she says.

One advantage to living off campus is that you can choose your own roommates. "I get along good with my sister, my other roommate [from last year] was like bipolar and weird," says Olney.

Many students love the added benefit of being able to throw parties at their house without having to worry about the Campus Security giving them a fine. "Off campus is a lot easier to party, college is so strict," says Olney. Souza goes to about the same amount of parties on campus as he does off campus.

When deciding whether to live on campus or off campus for next year, you need to do prioritize and figure out which situation will benefit you the most. The Career Services office sometimes has listings for apartments in the area, and so does The Rutland Herald.

-The Cairn-

Features

American College Festival

by Jess Bass

Many students at Castleton may have been unaware that a handful of selected students were chosen from Castleton's Theatre Department to represent Castleton's talents during the last week of January in a week-long convention at Keene State College, known as the Kennedy Center American College Festival. The Cairn is proud to report that Castleton students, Kevin Osborne and partner Grant Kohler, won the festival and will now move on to the nationals in Washington D.C.!

The aims of ACTF is to identify and promote quality in college-level theatre as well as give scholarships and special grants for actors, playwrights, designers and critics at regional and national levels.

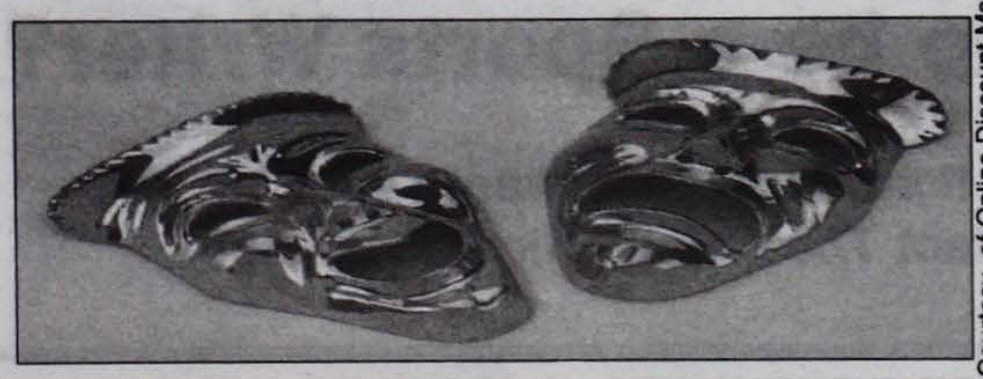
When asked if he was surprised how far Kevin had made it in the festival, Professor Harry MacEnerny, head of Castleton's Theatre Department and director of most student performances on the Castleton stage responded, "It is the luck aspect of theatre. Everyone at the festival gave his or her best performance."

The festival included a countless number of workshops as well as performances from other colleges and university's all over New England. Some of the performances were "Lebensraum" by Israel Horovitz, "Anna Karenina" performed by Middlebury College, and such classics as William Shakesepeare's "Othello" and "Hamlet". A guest finalist judge to the festival was Dawn Wells, who is best known for her role as the "Island Sweetheart," Mary Ann, from Gilligan's Island.

MacEnerny also explained that he prides himself on the size of Castleton and its small theatre department where students truly listen to him and to his direction. He invites representatives from ACTF to come and see each student acted performance here at Castleton because they are not emotionally connected to the piece or the actors and to give their professional point of view as way of constructive feedback. The representative can also choose as many actors as they would like to move on to the festival because of their display of good acting talent and or nominate the entire show.

Castleton has participated in ACTF for a very long time to the best of Prof. MacEnerny's knowledge. When asked what the judge's look for at the festival Prof. MacEnerny said, "They all look for different things that you can't just single them down to one. Most importantly, I think they look for two different distinct styles between the scene and the monologue. When I go as a representitive for ACTF to see other college's performances, I look for absolute commitment, stage presence and that the actors know what they're talking about."

As a whole, the festival was a great success and a wonderful learning and bonding experience for all the candidates and their scene partners.



Courtesy of Online Discount Mart

SA Elections – Spring 2003
Information for Candidates

POSITIONS AVAILABLE
SA Executive Board
President
Executive Vice President
Vice President of Academics
Vice President of Activities
Secretary
Treasurer
Student Senate:
Senators (15 positions available)
SA Activities Board (SAAB):
Outreach Committee Chairperson
Technical Committee Chairperson
JAM (Just Activities with Music) Committee Chairperson
Coffeehouse Committee Chairperson
Movie Committee Chairperson
Special Weekends Chairperson
Class Officers:
Sophomore Class Secretary (Class of 2005)
Sophomore Class Treasurer (Class of 2005)
Freshman Class Treasurer (Class of 2006)

QUALIFICATIONS
All candidates must:
1. be a matriculated student registered for 8 or more credits;
2. Be in good academic standing (30 credits or less = 1.75 cum GPA; 31 credits or more= 2.0 cum GPA);
Candidates for Executive Board must have completed at least 27 credit hours and at least 1 semester as a full time student at Castleton.
Candidates for Activities Board must be current members of the Activities Board.

HOW TO GET ON THE BALLOT
Σ Complete and return an SA Position Application and a petition with a minimum of 25 signatures from Castleton students registered for 8 or more credits.
Σ A student may sign as many candidate petitions as s/he desires but may sign each individual petition only once.
Σ Applications and petitions are due in the SA office by 4:30 p.m. on Friday, February 14.

DEADLINES & DATES
Friday, February 14 - Applications & petitions due in SA office (4:30 p.m.)
Monday, February 24 - Wednesday, February 26 - Elections (Times and locations TBA)
Week of March 2 - Transition meetings (Times & locations TBA)
Thursday, March 6 - Transition Dinner (5 – 7 p.m., Alumni Room, Huden)
Saturday, March 15 – SA Team Day (9 a.m. – 5 p.m.; location TBA)

-The Cairn-

SPORTS

James scores 52 in return game

by Tom Canavan
Associated Press

With the sellout crowd expecting to see the 6-foot-8 Kobe Bryant clone dominate inside, James put on an outside shooting performance that would have made any professional jealous.

He was 12-for-20 in the first half and scored 31 points as St. Vincent-St. Mary took a 41-24 halftime lead. His last points came on a running 35-foot 3-pointer at the buzzer, the last of his five 3-pointers in the half.

"We could have put three guys on him and he would have hit those shots," Westchester coach Ed Azzam said.

The second half turned into showtime for James, especially the opening three minutes. James got the Fighting Irish (15-1) going by converting an alley-oop dunk off a nice pass by Corey Jones.

James then showed he could play defense. He had consecutive steals at midcourt and finished off the fast breaks with dunks that started with takeoffs from the foul line.

The second one brought the fans out of their seats and sent James running down to the other end of the court, where a ball boy caught up in the emotion jumped into his arms.

The crowd ate it up, just as it did when James exited the game with 2:30 to go. The fans rose and gave James a standing ovation, and he milked it, extending his arms to take it all in.

"There was nothing we could do," said Westchester's Trevor Ariza, who was held to 12 points. "When we contested his shots, he knocked them down. When we double-teamed him, he found the open man."

The only moment of concern came late in the third quarter when James seemed to land wrong after taking a 3-pointer from the left corner. He limped up the court a couple of times and eventually left the game for about a minute before returning and playing into the fourth quarter.

"I was tired," said James, who was playing for first time since Jan. 26. "I was exhausted."

The performance capped an unbelievable week that started with James sitting on the bench last Sunday for a game against Canton McKinley after the Ohio High School Athletic Association revoked his eligibility for accepting two sports jerseys valued at $845 from a Cleveland clothing store. Four days earlier, the association ruled that James hadn't violated any rules by accepting the SUV from his mother as a present for his 18th birthday.

A state judge restored his eligibility on Wednesday after James went to court, although the judge ruled James will have to miss one more regular-season game.

James was so happy to be back in front of a crowd before the game that he seemed to skip on the court. After reaching half court, he bounced the ball up to his chest and then started to talk to himself, almost as if he was psyching himself up.

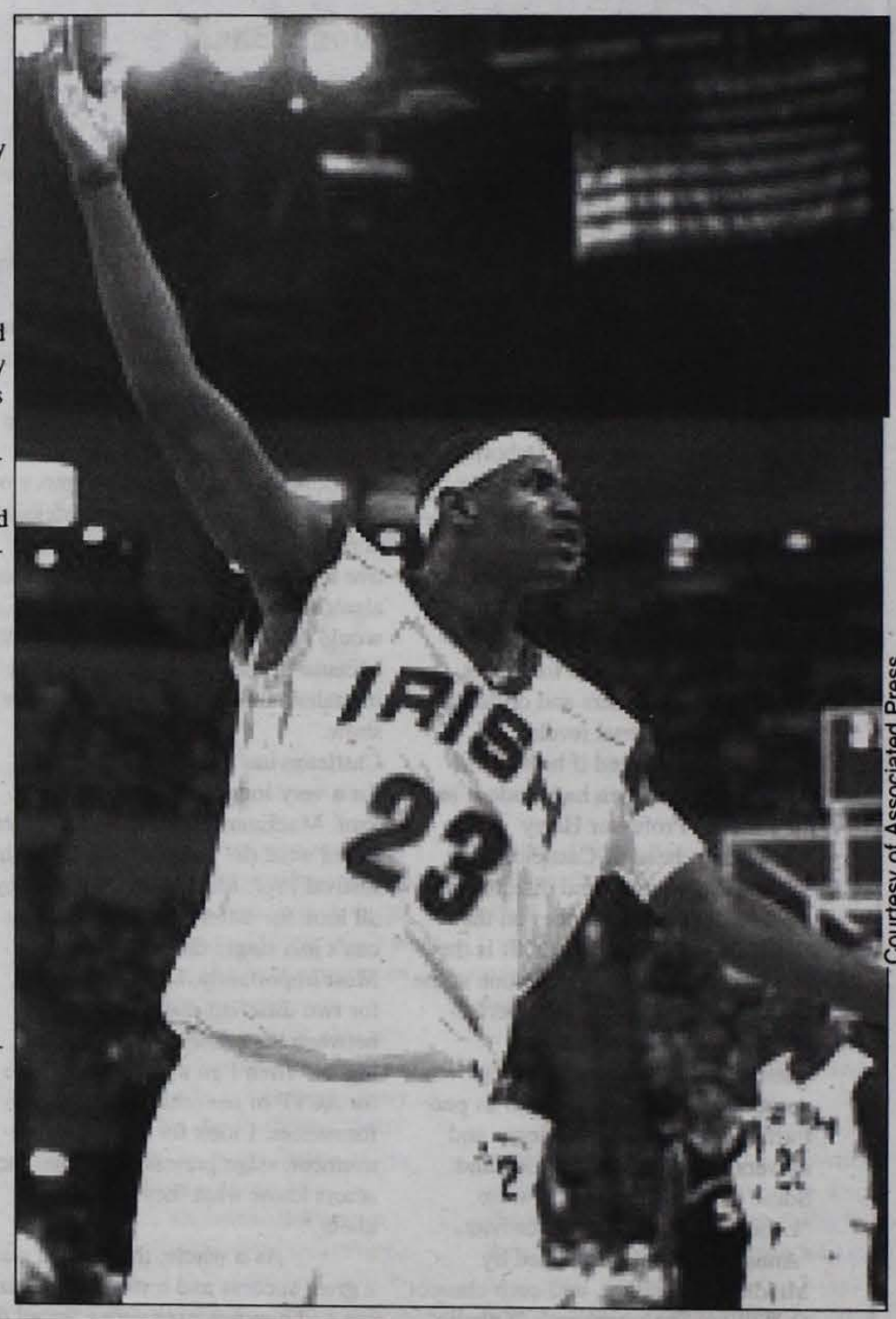
As the teams got their layup lines ready, James pranced like a boxer trying to relieve the tension in the moments leading up to a big fight.

Once the layups started, he got the crowd going with a big slam dunk.

After doing little in the opening minutes, a fan sitting at courtside yelled to him:

"Show me something, LeBron." Did he ever.

"This court, this basketball court, is like my house," James said. "I think missing a game last week gave me a little more motivation."



Courtesy of Associated Press

Want to be a Sports Writer?

If so, *The Cairn* wants you!
Contact *The Cairn* office at 468-6067

-The Cairn-

HEALTH

Recipe for a Cigarette

A

Acetone (Nail Polish Remover, Paint Stripper)
Acetic Acid (Vinegar)
Ammonia (Floor and Toilet Cleaner)
Arsenic (Poison)
Butane (Cigarette Lighter Fluid)
Cadmium (Rechargeable Batteries)
Carbon Monoxide (Car Exhaust Fumes)
Nicotine and DDTt/Dieldrin (Insecticides)
Ethanol (Alcohol)
Formaldehyde (Body, Tissue and Fabric Preserver)
Hexamine (Barbecue Lighter)
Hydrogen Cyanide (Gas Chamber Poison)
Methane (Swamp Gas)
Methanol (Rocket Fuel)
Naphthalene (Mothballs)
Nickel (Metal)
Nicotine (Addictive Drug and Insecticide)
Nitrobenzene (Gasoline Additive)
Nitrous Oxide Phenold (Disinfectant)
Steartic Acid (Candle Wax)
Tar (Distilled Wood and Coal)
Toluene (Industrial Solvent)
Vinyl Chloride (Makes PVC)

Source: American Cancer Society

This recipe actually produces this....a cancerous lung

Courtesy ofsmokinglungs.com

EVENTS

Summer Job Listings:

Babysitting:

Beacon Hill Nannies can offer you an exciting opportunity this summer! The Beacon Hill Nanny enjoys an extremely comfortable lifestyle with little or no expenses. Our pay scales are among the highest in the industry. Summer jobs pay between $300.00 to $600.00 per week. Deadline to apply is April 30th. Apply online at www.beaconhillnannies.com or call us at 1-800-736-3880. We are located in Newton, MA 02459.

Abroad:

Now hiring for summer jobs in Spain, France, and Italy! Apply at www.goabbeyroad.com, and become part of the team that leads our summer programs for high school students.

Summer Camps:

Wilderness Aware Rafting is seeking summer employment. Job listings include counselors, directors, and instructors. Apply online by March 30th at www.inaraft.com

Trails End Camp, located in Penn, is seeking counselors from around the country to apply for summer camp jobs at our premiere, co-ed, summer camp facility. A summer job at TEC includes an excellent salary package, a travel allowance, room and board, and ample time off to enjoy the surrounding areas/ Applicants must be college-age and above. Come join us for more than a summer camp jobs…an experience of a lifetime! www.trailsendcamp.com

Camp Interlocken, New Hampshire, Around the World since 1961. Affiliated with the United Nations, Interlocken International Camp is a camp designed to build friendship through understanding. Our program is a six-to-ten-week commitment. We are interested in hearing from new applicants who are eager to work together with young people from diverse backgrounds to create fun, challenging and educational summer experience. Each staff member is given a contract salary, room and board, and a immeasurable personal and professional benefits. We are seeking applicants with skills in the following categories: rock climbing, biking, theater, dance, guitar, singing, drumming, swimming, sailing, canoeing and kayaking, ceramics, photography, journalism, basketball, soccer, community service, and so much more. If interested call Tom at 603-478-3166 or e-mail him at tom@interlocken.org

Road's End Farm Horsemanship Camp located in Chesterfield, NH, a girl's residential camp. Salary is $3000+, room and board included. For details on becoming a staff member, please go to our personal ad at www.roadsendfarm.com

Camp Claire, Old Lyme, Connecticut. For eight weeks beginning in June, the staff becomes a family, sharing, and learning about themselves, new friends, and environment. For some positions, prior child experience is not necessary, but is helpful if possible. Meals and accommodations are provided! We are currently seeking new summer 2003 staff. Please apply ASAP! Call 203-235-5705, or e-mail us at campclaire@snet.net

Med-O-Lark Camp. Med-O-Lark camp is a coed, residential camp located in Northport, Me. Salary range: $2000+
-room and board included-
-generous time off schedule

Camp Cobbossee, Winthrop, Maine. Type: Boys residential camp. Positions available: sports counselors, and other counselors. Room and board included. Laundry and travel expenses also included. Have fun, coach sports; make money, while spending the summer in a beautiful setting. Camp Cobbossee is located on the shores of Lake Cobbosseecontee. To apply, e-mail us at www.campcobbossee.com

Camp Fernwood, Poland, Maine. Type: Girl's residential summer camp. Currently looking for camp counselors. Salary: $2300+, room and board included, weekly laundry service, and e-mail access is included. Apply at www.campfernwood.com Kingsley Pines Camp, Raymond,

continued on page 15

Lost Someone to Suicide?
Feeling sad, angry, or guilty?
Feel like no one else will understand?

1 in 4 people have lost a loved one to suicide by the time they reach the age of 25.
You don't have to go through this alone.
Survivor's of Another's Suicide will meet
From 6:30 p.m. 'til 8:30 p.m. on the following Wednesday nights:
Feb. 26
Mar. 5
Mar. 12
Mar. 19
Mar. 26
The meetings will be held at the Wellness Center.
Come sit, listen or talk.
Learn that other people are going through a similar experience.
Talk to others who can tell you what they have been through.
Learn that you can heal.
Learn that you are not alone.

This is not a support group or an outreach for those considering suicide.
If you are considering taking your own life, Please call x1215 or tell someone that can get help for you.
There is a better way.

-The Cairn-

EVENTS

Wellness Center Spring Workshops

All workshops are held in the formal lounge of the Campus Center.

February 11th 3:30-5:30 Sleep Clinic with Dr. Gorman
February 25th 6:00-7:00 Job Hunting and Grad School Hunting tips with Judith Carruthers (Career Services)
March 4th 6:00-7:00 77 Things Students Need to Know with Laura Gatewood (Step Center) Time management, nutrition and more.

March 11th	6:00-7:00 TBA
March 18th	6:00-7:00 TBA
March 25th	6:00-7:00 TBA
April 8th	6:00-7:00 TBA
April 15th	6:00-7:00 TBA
April 22nd	6:00-7:00 TBA
April 29th	6:00-7:00 TBA
May 6th	6:00-7:00 TBA

March 4th is Mental Health Awareness Day. Stop by the informal lounge in the Campus Center to have questions answered or for a on-the-spot assessment.

Summer Jobs, continued from page 14

Kingsley Pines Camp, Raymond, Maine. Coed residential camp is seeking summer employment. Benefits include room and board, laundry, competitive salary, transportation for days off, and fun! Apply at staff@kingsleypines.com

Camp Lee Mar, Pennsylvania. Camp Lee Mar is a coed residential camp located in the beautiful Pocono Mountains of Pennsylvania. Room and board included. Heated pools, air-conditioned buildings, and competitive pay. Spend your summer working with children. www.leemar.com

Camp Cayuga in the Pocono Mountains, Honesdale, Pennsylvania. Benefits: $2500+ salary, room and board, laundry service, tips/gratuities, and an invitation to our Annual Winter Ski Reunion free of charge (includes lift tickets, equipment, meals, lodging, lessons, and much more). To apply e-mail us at www.campcayuga.com

Poulter Colorado Camps, Steamboat, CO. $50+ per day to lead wilderness mountaineering courses for teens through the Colorado Rockies. Salary includes room and board, extras, and an amazing experience. www.poultercamps.com

Colvig Silver Camps, Durango, CO. Coed residential camp is seeking summer help. Room and board included, as well as competitive pay. www.colvigsilvercamps.com

AAVE Teen Adventures a Wilderness Program is looking for summer counselors ASAP! Counselors lead groups in various trips to CO, UT, AZ, CA, WA, HI, and AK. Travel expenses, room and board are all included! Apply now at www.aave.com

Camp Watitoh located in Becket, MA. Call to apply at 413-623-8951 or apply online at www.campwatitoh.com.

Eight-week position: June 29th-Aug 21st.

Brown Ledge Camp for Girls, located in Burlington, Vt. Call to apply at 802-862-2442 or apply online at blc@brownledge.org

Nantucket:

Nantucket Yacht Club is seeking summer 2003 staff in all areas. Housing is provided if needed. Apply online.

Strong Wings Adventure Camp, Nantucket, Ma is seeking leaders for June-August. Competitive pay. Great experience. Apply at explore@strongwings.org

Summer Adventure Jobs:

Wilderness Aware Rafting, Colorado's Whitewater Rafting!!!

We are in the process of accepting guide applications for the summer of 2003

River season. Previous rafting experience is NOT necessary. We provide all

necessary training needed. Applications will be accepted until May 1st, 2003.

Applicants should be prepared to be team players.
riverjobs@inaraft.com

Cruise Jobs:

Various cruise ships are seeking summer employment in bar tending, stewards, fitness staff, gift shop staff, hosts and hostesses, photographers, restaurants staff, youth counselors, water sports staff, and much more. To find out more on how to work on a cruise ship this summer visit us on the web at www.aplus-summerjobs.com

Earth Science Listings:

John F. Kennedy Space Center—NASA. NASA sponsors a six-week Space Life Sciences Training Program that is conducted by the John F. Kennedy Space Center and Florida A&M University. The program is for college students interested in life sciences, bioengineering, or related fields. Participants gain insight into how space life sciences flight experiments are conducted, as well as explore current and future research opportunities. A stipend is paid. Applicants must be in one of the following majors: Biochemistry, Biology, Chemistry, Computer Science, Ecology, Engineering, Geology, Health Science, Mathematics, and Psychology. For application materials, contact Program director, Space Life Sciences Training Program, and Florida A&M University, 850-599-3636. Number of applicants: 500. Deadline end of Feb.

Environmental Careers Organization. ECO hires college juniors and seniors to work as environmental interns. Interns assist in shipboard research, perform laboratory tests on core samples, and participate in computer analysis of core and acoustic data. The internship runs for 12 weeks and pays $300-$600 per week. For more information contact: Environmental Careers Organization. About 1 applicant in 7 receives internships.
286 Congress St., 3rd floor, Boston, MA 02210.
National Institute of Environmental Health Sciences (NIEHS). NIEHS provides students with a strong interest in pursuing studies in disciplines related to biomedical research. Participants receive a stipend of $900 to $2000 per month. Deadline is February 17th. Contact: NIEHS at 919-541-3433 or e-mail to: Hogan@niehs.nih.gov.

Woods Hole Oceanographic Institute. The institute offers Minority Traineeship in Oceanography to students in oceanography, biology, chemistry, computer science, and math. A stipend is paid. Program runs 12 weeks, from June to August. For more information, contact: 508-289-2950. Deadline: early March.

Promote your club or activity here in *The Cairn* call 468-6067

-The Cairn-

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Appropriate content is decided at the discretion of the staff.

The Cairn

is looking for talented, dedicated student voices to join our staff. If you are interested in:

writing, business management, photography, section editing or advertising

call us at 468-6067!

Surreal Life

If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu

This week's photo submitted by "Big" Tom Casale

More Summer Concert Coverage Than You Can Handle!
Castleton Breeds Tennis Prodigies! -Page 6
CSC Professor Harry McEnerny - Exposed! Shocking Photos!!

the september 20, Y2K
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castleton state college's student newspaper
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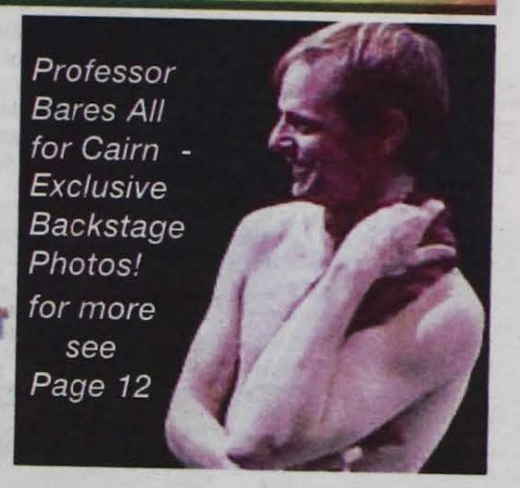


Professor Bares All for Cairn - Exclusive Backstage Photos! for more see Page 12

The SA's Cutting Room

By: Meghan E. McLellan, Cairn Staff Writer

Have you ever wondered where your tuition money goes? You know, all those hidden fees ... the Development Fees, the Lab Fees and the Student Activity Fees. With all that money coming out of our pockets, you would think that our very valuable clubs and organizations wouldn't be enduring such painful hits from recent cutbacks.

Last spring when the various college clubs were asked to prepare their annual budgets, they were unaware that the total budget allotted to them had been cut by 31 percent from the previous year. That reduction meant certain college clubs would have to withstand a drastic decrease in this year's annual budget.

The process of deciding on how much money each club will receive is based on an estimated revenue and no one truly knows how much money the Student Association has to give out until the end of the fiscal year in June. This means by the time the college actually finds out how much money they have to grant to the various clubs, it's already been spent.

Normally this isn't a problem for the college because club and organization income and outflow are usually in equilibrium. But this year the estimated budget is 17 percent lower than last year, according to Victoria Angis, faculty advisor of the Student Association.

The only glimmer of hope at the end of this tunnel is that recently the students of Castleton State College voted to abolish financing "The Bus," the public transportation system of greater Rutland County.

Students who voted decided very few people were using the public transportation and the money that is spent each year on "The Bus" could be spent better in other areas of the Student Association.

Does this mean the $13,675 that is not going to cover the costs of "The Bus" will go back to the clubs that so desperately need the extra funds? Well, we'll just have to wait and see. The Student Association Finance Board has recommended to the Senate and the Executive Board that they take a vote on how the money is dispersed.

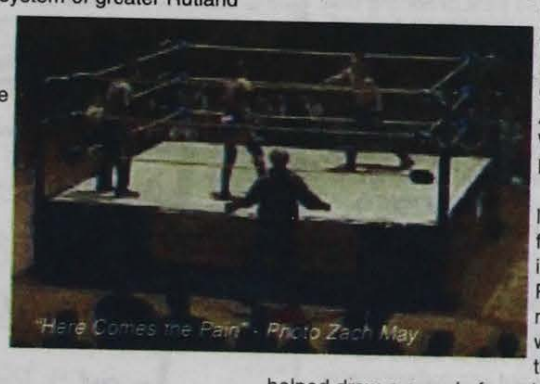
The vote is scheduled to take place within the next few weeks.
If you would like to voice your opinion on this issue, please speak to a representative from the Student Association.

Wrestling Returns to Rutland

The Tri- State Wrestling Federation makes its glorious return to Rutland.

Story by Zachary T. May, Cairn Editor in Chief

On August 12 of this year, the indy promotion Tri-State Wrestling made its debut in the Vt. National Guard Armory on West St. in Rutland.



"Here Comes the Pain" - Photo Zach May

Mild publicity and a fan following for the Rutland native who wrestles in the TSW helped draw a crowd of roughly 125.

The White Lion, the Rutland native, was victorious that night in winning the TSW championship from Hoss, a classic rough and tough heel. Aug. 12 may have been the biggest night in the White Lion's career, winning the heavy weight title in his hometown, but in pro wrestling, what goes around comes around.

And so did the TSW.

Saturday September 16, the TSW returned to the Armory on West Street, and so did a crowd nearly doubling in size from last month.

"My mom drives a Harley," the White Lion's gimmick and trademark, of course was the prominent slogan displayed on signs and T- shirts Saturday night. However, any true wrestling fan knows that performing in front of your hometown usually ends in blood, broken tables and a humiliating beating.

The TSW returned with a smaller, shorter show, (Two hours instead of the three-hour event in August) and most of its more flashy athletes performed.

Characters like Kenny Casanova, Bad Religion Maxx Burner, Shockwave (who's entrance music is the theme from the old Transformers cartoon) and Diablo Santiago, the Puerto Rican Nightmare filled the under card with competitive action for the fans.

The TSW is not the WWF, nor would they claim to be. It certainly isn't the ECW or XPW, by no means of the imagination. The TSW is, however, old school wrestling.

Real hard rock music (Anthrax, Iron Maiden, Godsmack). No guardrails. Plenty of younger kids screaming "YOU SUCK," as loud as possible at the heals as they come to, get in and levee the ring.

Wrestling wouldn't be wrestling if heel managers didn't badmouth the area or town they were in to get a big pop. Vermont, and greater Rutland County, were pretty easy targets for the performers. Cow jokes, bad smelling

(See Wrestling in Rutland Page 3)

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The Student Newspaper of Castleton State College - Castleton, Vermont

THE CAIRN

MARCH 6, 2003

-Est. 1960-

Castleton Crackdown

by Rebecca Becker

DUI's, citations, Crash course, Diversion program, probation, breathalyzers, zero-tolerance, police officers, liquor inspectors, and traffic court. These terms, once so foreign, recently seem to be becoming a part of many people's mainstream vocabulary.

Not only Vermont has cracked down on the under-age drinking problem; the entire nation has. Vermont's Governor Howard Dean reported that Vermont has one of the nation's largest under-age drinking problems.

Beginning in July of 1998, the Vermont State Police DUI enforcement team was reeducated, and given the funds to strengthen their programs. That same year, 1,743 DUI's were issued, and the numbers have been rising vastly ever since. The 2002 Vermont DUI summary report has not been issued at this point. However, reports recently released by the Vermont Judicial Bureau state that the majority of DUI's were issued to minors during the 2002 year.

Not only have DUI's been an ongoing issue in the whole nation, but also here in the Castleton State College community, underage citations have become a great anxiety. College students fear the costs and further consequences of such violations.

A person who has received a DUI is required to go through the Crash program, priced around $300, the individual also must complete community service hours, the diversion program, priced around $125, and Drug and Alcohol counseling. In addition, the individual's license is suspended in Vermont, and in his or her home state. Several other fines are added as well such as court, lawyer, and various DMV fees.

Once a citation is issued to an individual by a police officer, a $100.00 fine is added, and a referral to enroll in the diversion program is enforced. Further consequences are administered if an individual does not complete the given requirements. Those consequences include suspension of a driver's license for 90 days, and a large fine for not completing the requirements on time or at all.

Surveys show that 1 in 10 Castleton State College students have received one or more under-age drinking citations this academic year, reported a Castleton Police Officer, who wished to remain anonymous.

"My freshman year, a $5.00 cup bought at a party turned into $275.00. That was my first citation. I have received two others since than. I feel like this is taking away my rights as a student. I cannot become more independent if this keeps happening," stated junior Jen Gessner.

Other college/university students are also experiencing the same change. At Penn State University, a university whose reputation states that they are the nation's largest party school, President, Graham Spenier, PH.D., recently shocked many with a declaration that alcohol was the

continued on page 3

Liz Hanafin

Buckle Up Castleton

by Christy Howe

The "Click It or Ticket" campaign is a national program funded by the federal government to increase the use of seat belts. The project is a combination of intensive media and high-visibility enforcement, to take place the last weeks of May, a month with high traffic-related fatalities. The program is successful in other states such as North Carolina, based on years of research, proving the possibility of receiving a ticket is often more of an incentive to buckle up than the threat of injury or death. From this information, Vermont has taken this chance to save lives.

On the morning of February 12, 2003 in the Woodruff conference room, Rutland Sheriff R.J. Elrick announced the campaign promoting seat belt use in Rutland County. In attendance were Public Relations students, professors and members of Castleton's law enforcement. They discussed the program's impact on Vermonters' expenses and safety, as well as the contributions from the partnership between the Rutland County Sheriff's Office and fifty Castleton students, which aid research and advertising.

Following the state's lead, the Castleton students helped establish the program in Rutland County. Castleton's Business Administration, Communication and Psychology students all played roles in the campaign.

Marketing and communication students conducted phone surveys measuring seat belt use, knowledge of seat belt laws and awareness

continued on page 3

WEATHER FORECAST

Today, March 6

Partly Cloudy
High 25 F, low 18 F

Friday- light snow, high 40 F, low 18 F
Saturday- light snow, high 33 F, low 19 F
Sunday- few snow showers, high 37 F, low 9 F

Source: Weather Channel

"Censorship reflects a society's lack of confidence in itself."
- Potter Stewart

ON THE INSIDE...

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The Lysistrata Project: A Theatrical Anti-War Protest

by Jessica Bass

On March 3, 2003 The Lysistrata Project will present worldwide readings of Aristophanes' ancient Greek anti-war comedy Lysistrata. Currently 667 play readings are scheduled in 39 countries, and in all of the 50 U.S. states.

Numbers continue to increase daily as more patrons are opposing the war on Iraq. Readings will raise money for charities working for peace and humanitarian aid throughout the Middle East.

courtesy of www.pomokrates.com

Lysistrata is the story of women from opposing walks of life unitingtogether to stop the war by withholding sex from their husbands until they agree to lay down their swords. Having very little to do with such affairs and more to do with tending to her family, the women are forced to takethe only tactic available to them-to avoid sleeping with their husbands!

Now in the year 2003, 2,400 years later, swords are now equal to weapons of mass destruction in our current situation on the war on Iraq. In New York City where the Lysistrata Project originated many teams of actors will present public readings as well as specific performances at night to voice their opinion on the war. Not only in the U.S. are such readings being done but also in London, Berlin, Beirut, Paris and Jerusalem where theatrical events will also be held.

The Lysistrata Project was conceived this year in early January by two New York City actors Kathryn Blume and Sharron Bower whom simply created and anti-war website.

Locally, right here in Vermont multiple readings are being held in such cities as Bennington, Burlington, Brattleboro, Rochester, Montpelier, Colchester and Rutland.

If you are interested in attending the reading in Rutland it is being at the U.U. Church 1117 West Street at 6:30pm on 3/3/03. If you have any questions or would like to find out more about the Lysistrata project contact Becky at woodsprite43@excite.com.

Students Rally for Peace

by Renee Bishop

On February 5, as Secretary of State Colin Powell addressed the UN Security Council on why we should go to war, Castleton students and faculty, along with thousands across the country, stood in protest against it. This was the first event in a series of anti-war demonstrations held by Castleton students. Around 40 students and faculty participated in each event, which were two peaceful protests outside the library, a march through Haden Dining Hall, a discussion with students' feelings on war, and an organized group that went to the New York City protest on Feb. 15.

The most successful of turnouts was the forum that allowed students to speak out about their concerns and feelings on the war. Organizer and speaker, Cindy Kilic, started the forum with a quote by C. Wright Mills, "this is a part of history." Ground rules were set in place to listen, raise your hand, and to not be disrespectful of others.

A dozen students got up on the stage to speak on their feelings towards the potential war in Iraq. Views ranged from supporting the war for the sake of our troops and our freedom, to feelings of disgust towards any kind of violence. Students voiced concerns on many different issues including the time and expenses of war, civilian casualties, the breaking of UN treaties, the fear that 24-hour news channels

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Editorials

A Peacekeeping War

by Les Bartus

Those who rally against the coming war in Iraq shout the same slogans they always have, without a sound basis of facts to draw upon. In the past few weeks I have done some research and have spoken to many people to gain some insights to the thought process that guides those who are pro war in this situation. Without a lot of flag waving or chest beating here are some of the reasons we need to fight this war.

Let's start by examining one of the most frequently cited slogans against the war, that it is "Just for oil." Let's suppose that this is true, and it is all about oil. Do you have any idea of the catastrophic devastation if Saddam was allowed to produce nuclear weapons and he used them to destroy the oil fields in Kuwait and Saudi Arabia? Can you grasp the worldwide devastation if we were suddenly plunged into a world where there was no oil? There would be no food production, no deliveries, no international relief aid, no medicine production, no heating, cooling and no communications as we know it.

Balances of power would be destroyed. The checks and balances that keep the uneasy peace throughout the world would be shattered. Hundreds of millions of lives would be at risk from the worldwide holocaust such a tragedy would create.

Imagine if you can the following scenario. Suppose we do nothing and allow Saddam's nuclear program to progress. It is not a matter of if, but when he will have nukes. Next, in a fit of paranoid rage he starts sending some of those weapons at the oil fields in Saudi Arabia or transports them in trucks to those same fields or refineries. Saudi Arabia (30 percent of known reserves) has around 80 oil and gas fields and over 1000 wells, including Ghawar (the world's largest onshore oil field) and Safaniya (the world's largest offshore field).

Most of these fields are less than 250 miles from Iraq. Next Saddam launches nukes at Kuwaiti oil fields, which contain 12-15 percent of the worlds known reserves. Then as the world scrambles to stop this madness Saddam destroys his own oil fields and suddenly TWO THIRDS of the world's known reserves are lost for generations in a matter of a few minutes.

As dependent as we are on oil, it is not hard to see the results of this tragedy. Who knows what moves the United States would take, but it will be a case of "Too little too late." Whole cultures would be destroyed, the planet's ecosystem will be knocked into a cocked hat, and all because people didn't have the courage to stand up against a madman, as we once had to do with Hitler.

Forgetting oil for a moment, let's talk terrorism for a moment. How many times do we have to turn the other cheek, only to get it slapped? Someone compared it to drawing a line in the sand, and when it was crossed - drawing another. These heinous acts around the world will continue until someone says, "stop." Bullies and madmen never stop until someone stops them. And for those of you who think that Saddam isn't all that bad a character, let's compare him with another famous leader.

Hitler and Saddam are two peas in a pod. For example:
Both tried to expand their borders by invasion.
Both committed genocide against their own citizens.
Both have some of the most deadly weapons of their time. Both were on the verge of having nuclear weapons when we stepped in.
Both feel they are of the master race.
Both despise democracy and the United States.

We must bring this chapter to a close, preferably as soon as possible. Peace is not defined by an absence of war. Peace is only truly defined when men can live without fear. We cannot live in peace as long as Saddam Hussein is a threat to the stability of the whole planet.

Isn't it Interesting?

by Karis Decato

Saddam Hussein says he does not feel the desire to cooperate with the U.N. inspectors because the President Bush is pushing for war anyway…interesting. I apparently missed the time period in which Hussein had the desire to cooperate.

The band "Great White" is fully cooperating with police in the case of the club that burned down in R.I. after their pyrotechnics caused a fire, however the owners of the club are refusing to cooperate…interesting. The owners of the club failed to apply for the permit for the pyrotechnics yet allowed "Great White" to use them anyway. The club, interestingly enough also had several other legal violations.

Until recently, church officials were not required to report sexual abuse of children to civil authorities. A new law now makes reckless endangerment of children a crime, and requires church officials to report suspected abuse, interesting…so, it was legal to violate a child as long as you were part of the clergy.

The Supreme Court lifted an injunction that barred aggressive protestors from interfering with clinical businesses…interesting. I wonder how long it will take before we hear the first story of protest related violence? What type of protest? Anti-war outside the Pentagon? Or anti-abortion outside an abortion clinic? Whatever it is, I'm sure it will be in the news, and I'm sure it will be…
Interesting.

America the Beautiful

by Tom Casale

When the National Anthem is played before a women's basketball game at Manhattanville College, senior Toni Smith turns her back to the American Flag. It is her right as an American citizen to do this. Smith says, "Too many times people blindly stand up and salute the flag without thinking about all the things it means." Smith should open her eyes because she is the one who is blind.

Smith turns her back on the American Flag because she is protesting the "inequalities in the American political system and the pending war with Iraq." What Smith doesn't understand is that for a majority of Americans, the American Flag does not represent George Bush and his administration's desire for military action. It does not represent Bill Clinton lying to millions of Americans. It does not represent the opinions of any politician ever voted into office. To most Americans, the symbol of our country's flag means a whole lot more.

There isn't a problem with the fact that Smith wants to protest the war with Iraq. Many others share Smith's thoughts on a pending war and it is her right to express her views. That is a privilege of one of our greatest freedoms, the freedom of speech. The very freedom the American Flag stands for. The problem is the way Smith has chosen to prove her point. Toni needs to take a history class so she can be reminded where our country came from. In case Mrs. Smith has amnesia, someone should inform her that we were not always free. Our forefathers had to overcome insurmountable odds to obtain our freedom from England. That is what the flag means to most people. Freedom. The freedom to make choices that so many others in this world don't have the opportunity to make. The freedom that 21-year-old college students so often take for granted.

Many people have fought to defend this great country. Yes, our country is great. Despite all the problems people face living in the United States, the positives of being an American outweigh the negatives and that is what people think of when they look at the flag. Not everything in our society can be looked at in a negative light. People need good things in their life too. That is why they look upon the flag with pride and honor. Pride for all the people who fought and died for this country in Germany, Italy, Japan, Korea, Vietnam and a number of other places. How does Smith think those people feel when they see her turn her back on the flag they put their life on the line to defend? The bottom line is there is a time and a place for everything. There is a way to do things and a way not to do things. Just because Smith is in favor of peace over war, it does not make her actions right.

The biggest problem with Smith's protest is that she is not accomplishing anything besides drawing attention to herself. The argument that she is standing up for her beliefs is a weak one. We all have beliefs and we all have problems with this country. The people who make changes are the ones who take action to make a difference. For example, George Washington, Thomas Jefferson, Abraham Lincoln and Martin Luther King Jr. Smith is a sheep in wolves clothing. She says she is trying to make a change but her protest is weak, self-promoting, and it won't make one miniscule difference in our society. So, when you break it down, what is she accomplishing?

In a funny coincidence, Smith is turning her back on the flag that represents the reasons why she has the right to partake in this kind of protest in the first place. Maybe Smith will think of that the next time she cashes a check from our awful government so she can attend college. The American Flag itself is only fabric with stars and stripes on it. That fabric, however, is saturated with the blood, sweat, and tears of many great Americans who defended our freedom. Smith obviously feels strongly against a war with Iraq but her way of showing how she feels seems selfish and poorly thought-out. Smith should reconsider the way she chooses to express her personal views. Until then, she should not be revered for her courage, but instead, ridiculed for her stupidity.

Do you have something to say to the editors of The Cairn?
Send questions of comments to
cairn@castleton.edu

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News

New Coffeehouse to Open Soon; New Residence Hall Construction to Begin this Fall

by Scott Lanphear

The Moriarty House is currently undergoing renovations that will add a coffeehouse atmosphere to the building. In the meantime, the La Carte, which was located in the building, has moved to Leavenworth Hall. The renovations are expected to be finished around March 10.

According to Darla Patch, who runs the La Carte, the new coffeehouse will have tables and chairs as well as couches. It will provide a relaxing atmosphere for students and faculty. Computers will be set up for people to check their e-mail, the walls decorated with student-produced art, and live music featured to provide entertainment.

The coffeehouse will be open for extended hours, but the exact hours have not been decided. It is expected to be open during Soundings events.

In addition to the new coffeehouse, the college has plans for a new residence hall. According to Deri Wills, director of Residence Life, the college is working on getting initial approval from the Board of Trustees and then from the state to build a new hall. The college is hoping to have a new hall opened by the fall of 2004, but there is no guarantee that it will be.

Once approved and the college receives the money, architects will choose a location to build the hall, which is expected to hold 125 students, Wills said. The college has not decided whether it will be a traditional residence hall or an apartment-style building.

With the new residence hall, space will be available for about 840 students on campus. If the on-campus student population drops back to 600 students, there will not be enough money to pay for the new hall, Wills said. A company came to the college and determined that more space is necessary for residents in the future. In addition, the college conducted a survey of students to determine what would be needed for a new residence hall.

Castleton is Going Global

by Corinne Casella

You can see the enthusiasm on Professor Ana Alfaro-Alexander's face as she explains some of the remarkable sights Costa Rica has to offer. One of them is being able to see a live volcano in action, "like your own show," she explains. As she speaks, one can almost envision red and orange sparks illuminating the sky. Through her explanations, one cannot help but be excited for the students who soon will be seeing "the show" for themselves. These students are not alone, in the next couple of months students from all over the campus will be experiencing life outside of Castleton. They will be going on trips designed to give students a chance to see what it is like in other parts of the world.

Seeing an active volcano up close is just the beginning for the eleven students traveling to Costa Rica this summer. Once they are there they will visit rainforests and cloud forests. Alexander explains that the trees are up so high that the students will feel as if surrounded by clouds. They will study geology not in a classroom but on beautiful beaches where they can examine ocean crusts, or "the innards of the earth." Not only is this the trip of a lifetime, it is an educational experience as well which offers course credits, four in geology and six in Spanish, and can even extend beyond the two week stay. Those who wish to remain in Costa Rica can move in with a host family and attend classes in a nearby school. For five hours a day they will be immersed in classes specializing in all things Spanish, including dancing, cooking, and as a language. The school can also arrange for special excursions if the student so desires.

Alternative Spring Breakers will have a very different experience this coming break, mentoring inner city youth in Washington D.C. Jan Rousse and seventeen students will make the trip to our nation's capitol to do all they can for the forty students selected to be a part of this program. The students, ranging in age from first grade to twelfth grade are from some of the poorest projects in D.C. Castleton in collaboration with the FLY (Felicitating Leadership in Youth) organization are giving kids who want to excel the chance to better themselves through tutoring, mentors, and trips throughout the city. Day trips will be planned to further the student's knowledge, including possible trips to the Kennedy Center and Capitol Hill. The trip's importance has reached even president David Wolk, who hopes to join the Alternative Breakers in Washington for a few days.

Unfortunately, nothing comes free, so the students have organized several ingenious fundraising projects to fund the trip. One of them is a pasta dinner that will take place in the gym on March 19, which will include entertainment provided by local elementary school students and raffle tickets. Another is an idea that students Jess Bass and Kevin Kelly came up with, they sent home flyers to parents encouraging them to send their child a pizza, a program that has so far created a good response. The final fundraising method is a can collection, with boxes set up all around campus for students and faculty to utilize.

Students accompanying professors Tom Rutkowski and Peg Richards to Europe this break will have yet another experience. From March 29 to April 6, twenty-two students and three chaperones will visit four countries before ending their tour of Europe. Rutkowki, who has been to Europe several times, made the decision to make the trip feeling the experience would be good for students. This thought fueled by an email he received from Judith Irving at the Vermont State College's central office In the email, she encouraged Castleto and all the surrounding colleges to "pur sue in global learning." Therefore, h got in contact with EF Educationa Tours and set up the trip.

The trip, at first confined to onl Business majors, extended to all stu dents who wanted to participate. The tri will first stop in London, and then th students will travel through the Chunne to Paris. From there they will take buse to Lucerne, Switzerland, which is locat ed in the Alps and then will round ou the trip in Heidelberg, Germany, whic is located in the black forest. Rutkowsk hopes to continue the trip in the futur and perhaps even create an exchang program that will give students credit for going.

Castleton Crackdown, continued from front page

university's number one problem.

"Many students here at Penn State are viewing this as an attempt to crackdown on them or take away their fun," stated Spenier.

Spenier claims to be getting lots of cooperation from the neighborhood associations, the local newspaper, the local police, the Pennsylvania Liquor Control Board, and the community generally, but says that the bars do not seem to have changed at all.

One Penn State campus bar ran an advertisement depicting Spenier as Adolph Hitler speaking with a German accent and sending storm troopers to raid a fraternity. The ad invited students to come to the bar for the alcohol that Spenier was supposedly denying them.

Several Castleton parties have been broken up this year by public safety, as well as the Police. Police are able to scout out these off-campus parties by finding out who made keg purchases at local businesses.

After two Castleton Halloween parties were broken up last year, the Rutland Herald released an article giving no sympathy or remorse to the students at Castleton.

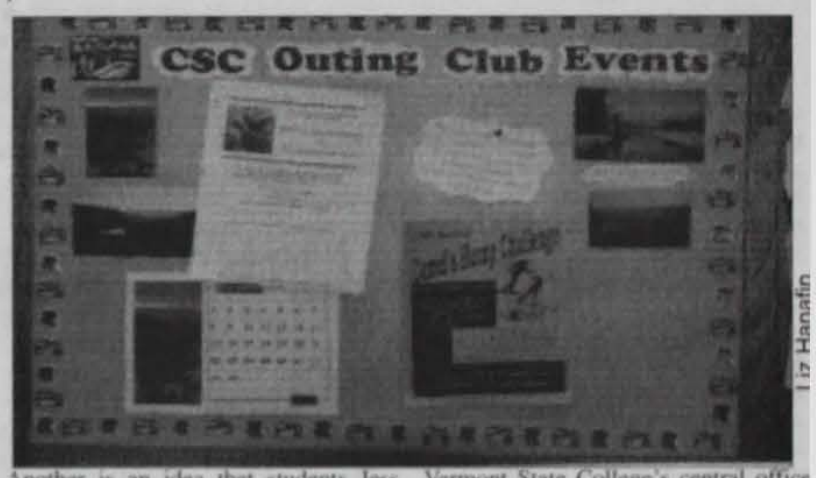
Eighteen out of thirty students who were at one of the Halloween parties received citations around 9:00 PM. The second party was broken up shortly after, and anyone underage was asked to leave. "I read the Rutland Herald article, and feel it was blown out of proportion, and extremely over exaggerated," stated Jen Gessner.

Many are arguing that the crackdown is taking away their college experience.

"I think they should lower the drinking age to 18, because my experience as a 21 year-old college student is suffering," states Castleton junior Michael Hahn. "I think the drinking age should be lowered, and the driving age should be raised. This would decrease the amount of DUI's issued a year to minors. Secondly, I think cops should be more concerned with other, more serious issues than handing out $100.00 citations to kids walking home from parties. Not many people, especially college students, can afford such things," states Castleton junior Lauren Pauley.

After Jenna and Barbara Bush were caught with the possession of phony identification cards over a year ago at a restaurant, David J. Hanson, a Professor of sociology at the State University of New York, proposed a plan at a SUNY conference.

Hanson theorizes that almost everyone is 18-22 years old in college. "Through fraternities, sororities, other campus organizations, dating, and less-formal socializing, this narrow age group constantly intermingles," stated Hanson. "Should anyone be surprised that zero tolerance is met with rebellion and rule breaking? Outlandish behavior is a typical reaction to prohibition," said Hanson. He proposed an alternative solution to zero-tolerance policies—a provisional drinking license. "In more than 30 states, teenage drivers gain experience while holding special licenses that restrict when and how they may drive. Such an approach permits a slow introduction to an adult privilege. The same concept should apply to drinking," declared Hanson.



Liz Hanafin

Buckle Up Castleton, continued from front page

of the "Click It or Ticket" campaign. Psychology students conducted observational research in the field. Often outside in freezing temperatures, the students recorded seat belt habits of local drivers at traffic stops throughout Rutland County. Communication students developed television and radio public service announcements to promote the "Click It or Ticket" theme.

Rich Elnicki, a Castleton senior from Pittsford, used his skills in Communication to create the announcements. One television spot, shown on February 12 by Sheriff Elrick, features an officer demonstrating the pain and sorrow possibly resulting from not wearing a seat belt. These public service announcements became an important part in the promotion of the campaign.

458 people were killed on Vermont roadways over the past five years, with 70% of these fatalities resulting from seat belt disuse. With the commitment of both the Rutland County Sheriff's Department and Castleton State College students, the campaign has a positive chance to make a difference.

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Rich Glasscock

SPORTS

Miami Heat Coach Reflects on CSC

by Dale Schaafsma

Stan Van Gundy enjoys being the assistant coach of the Miami Heat but according to him, "nothing will be as enjoyable as Castleton," where Van Gundy coached from 1983-86. Van Gundy's teams excelled in the three years that he was the head basketball coach at Castleton, but his memories goes beyond the success. The players were an "absolutely phenomenal group of people to coach," said Van Gundy.

As much as Van Gundy praised his team, the players liked him equally. Chrispin White, who played center for three years under Van Gundy and is currently the Director of Community Service and Internships at Castleton said, "We all respected him and his knowledge so much that we worked very hard to perform for him." White was also impressed how Stan traveled to his home in Virginia to introduce himself. Not only did Van Gundy talk to White, but he also talked to his friends for about ten minutes. "That really impressed me and showed me what type of person he was."

Van Gundy's players were not only competitive, but they knew their place on the team. "He made sure that everyone on the team knew their roles," said White. And did they ever win games. In Van Gundy's first season as a head coach, he guided his team to a 26-2 record. In his second and third seasons his combined record was 52-16.

One of his favorite memories was winning the district tournament against St. Joesephs in his second season. Castleton kept fighting back from defacites the entire game and never gave up. At the buzzer Castleton hit a game-winning basket, which was their only lead of the game. It is "a night that will always stand out," said Van Gundy with enthusiasm.

There were many factors that lead to Van Gundy becoming the head coach at Castleton in 1983. Van Gundy was drawn to the small college environment, support received and good players. "I [also] wanted to be a head coach," said Van Gundy, which is rare for a 24 year old.

Like most athletes, Van Gundy wanted to become a professional basketball payer, but realized his aspiration wouldn't be reached. As a player he thought and planed to be a coach. In fact, he can't remember considering any jobs besides coaching. Stan was also interested in coaching because his father. His dad coached for 40 years at the High School and College level. Most of his father's life and friends revolved around basketball. His brother Jeff also coached at the NBA level. He coached the New York Knicks from 1996-2001.

But through his success, Van Gundy faced a major obstacle. He was the assistant coach for the University of Wisconsin for two seasons and then became the head coach. The next season he was fired. "To not be able to keep that job was very frustrating and disappointing," said Van Gundy. He was out of work for six months and struggled to get by. Getting fired made him contemplate why he wanted to be coaching basketball.

On his road to success, Van Gundy was the Assistant Coach of Vermont for two years. Then he was the head coach at Castleton for three years.

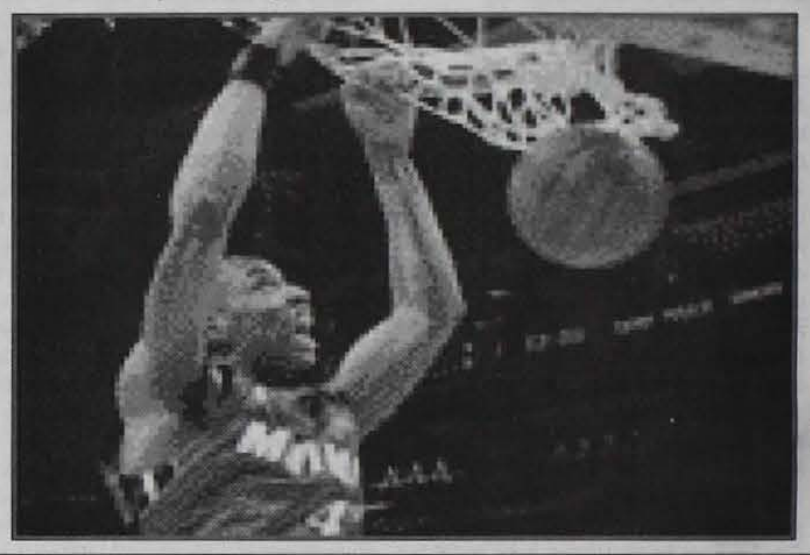
From Castleton he shifted gears into being the assistant head coach at Canisius for a year. He then moved on to Fordham as an assistant coach.

His other jobs in order include head coach at UMASS Lowell, University of Wisconsin, and his current job as the assistant head coach for the Miami Heat.

Van Gundy has seen many differences between college and the NBA. NBA players have have an off the court ego. "At times they get an elevated sense of worth," said Van Gundy. At Castleton, his teams were confident they were good individually and collectively. According to Van Gundy, a player "can't be good without ego."

However, reaching the NBA has a downside. "Every level you go up there are more outside expectation," said Van Gundy. These expectations take away from what makes it fun to coach. Instead of working with the players, Van Gundy has worried more about off court distractions. Van Gundy has learned to live with that is in his 22 year as a coach.

Stan Van Gundy used the experience he gained as a head coach at Castleton to help him land a job in the NBA. The Green Mountains of Vermont are a long way from the bright lights of Miami but for Stan Van Gundy, Castleton will always occupy a special place in his heart.



courtesy of miamiheat.com

25TH ANNUAL LAKE BOMOSEEN ICE FISHING DERBY
(in memory of Bomoseen "Bob" Newton)
DERBY RESULTS

SPECIES	NAME	WEIGHT	FROM
NORTHERN PIKE			
1ST PLACE	JIM PATTERSON	14.40	POULTNEY
2ND PLACE	FRAN MORIARTITY	9.745	BENSON
3RD PLACE	AL DAVIS	8.765	W.RUTLAND
4TH PLACE	KEVIN EAGAN	6.335	CASTLETON
BASS			
1ST PLACE	DAN BEAYON	4.420	CASTLETON
2ND PLACE	KEN BARBER	3.815	FAIR HAVEN
3RD PLACE	RANDY SHAW	3.655	CASTLETON
4TH PLALCE	LISA GRAZIANO	3.580	SHOREHAM
TROUT			
1ST PLACE	FRAN MORIARITY	5.190	BENSON
2ND PLACE	KEVIN BARKER	4.195	CASTLETON
3RD PLACE	PAUL BARKER	4.110	CASTLETON
4TH PLACE	JASON BRUKOWSKI	3.840	FAIR HAVEN
PERCH			
1ST PLACE	JAY ADAMS	1.430	CASTLETON
2ND PLACE	SETH DURFEE	1.265	FAIR HAVEN
3RD PLACE	CHRIS STOODLEY	1.210	WALLINFORD
4TH PLACE	JEFF THOMPSON	1.205	WELLS

A SPECIAL THANK YOU TO ALL THOSE WHO MADE OUR 25TH. ANNUAL LAKE BOMOSEEN ICE FISHING DERBY A HUGE SUCCESS!!! BECAUSE OF YOU, THE LIONS ARE ABLE TO REACH OUT AND HELP THE LESS FORTUNATE WITHIN THE COMMUNITIES WE SERVE

2003 Ice Derbies in Review

by Nick Smith

Bomoseen

With temperatures hovering slightly above twenty below, anglers fishing the Bomoseen Derby found conditions far from favorable. "We could barely bait our hooks," barked a wind-burned ice angler. "It was just too cold," moaned others.

Fish were small, most only a fraction of the size of past year's and deservingly earned, given the frozen circumstances. Besides fishing for cash and prizes, dedicated anglers came out to celebrate the 25th anniversary of the tournament it self . Festivities included: free hats, tee-shirts, a dedication ceremony and a plaque awarded to Tom and Irene Evinoika, for their efforts in creating and now annually supporting the local tournament. Originally run by Tom and his fishing partner "Bomoseen" Bob Newton, it was later obtained by the Castleton Lions club, who currently oversees its efforts.

Great Benson

Like they say in New England, "If you don't like the weather, just wait." This was the case the next weekend when anglers sought out fish and prize money in the Great Benson Fishing derby. Temperatures were a comfortable forty degrees and rainy, with gusty winds completing each afternoon . Thoughts of anglers filling their limits were much higher then before. Yet again, overall Fish size was much smaller then normal But either way, fish were caught and money was won so fishermen were happy. In fact, anglers found fishing conditions more productive for the second tournament. Fish were generally more active and eagerly feeding with the warmer temperatures.

Now through with the Vermont ice fishing derbies, we can reflect on our success and failures for yet another long year. If you braved the weather and didn't find a ong awaited place on the board, don't despair. Given the conditions, you did well.

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Health

The Silent Epidemic

by Rebecca Becker

Have you ever left a bar or party with a random person you didn't know? How about gone on vacation, had a fling with someone you met, and decided to sleep with them? Have you had a boyfriend or girlfriend for a few months or years, and you used the pill instead of a condom, because your relationship would be monogamous for the time being? Chances are you have answered yes to at least one of these, and you may be a victim of the silent epidemic that is circling around us called HPV, the human papilloma virus.

At the time, the situation always seems right, and chances are you may regret the situation down the road but will get over it once someone else comes along. Unfortunately, some of the baggage may not go away for a long time if ever.

HPV, also known as genital warts, is becoming one of the most common, fastest growing, sexually transmitted diseases in the United States. It is estimated that between forty and seventy percent of sexually active adults and teenagers have the virus. The more sexual partners a person has, the higher the likelihood that he or she will be infected with the HPV virus. A person, can, however, have only one sexual partner, and still be at great risk or even be infected regardless of sexual orientation. Over seventy types of HPV have been discovered, and most people have at least one strain. Less than one percent who are infected with HPV develop symptoms. The only visible symptoms are the external genital wart or warts, or an abnormal pap smear. The long-term side effects can be cervical cancer, infertility, and gateways to other STD's such as PID, pelvic inflammatory disease, and Chlamydia.

Infertility is more than just a medical problem; it can be emotionally devastating to learn that you can never bear children. Having children may be the furthest thing from your mind right now, but the time may come when you want a child, and you may be unable to do so. This realization can be traumatic for someone who carried HPV.

There can be a long lag time between infections and the development of visible warts. The usual interval between infection and the first appearance of symptoms is between thirty and ninety days, but it may take years. Don't be surprised if you develop visible warts several years after staying abstinent. In this situation, the virus has remained dormant during those years and then becomes active for some unknown reason.

Surprisingly, condom use may not be much help in preventing transmission of the virus, because it is present in the entire genital area, not just the part the condom covers.
Given that most sexually active people have the virus and are completely symptoms free the most worrisome outcome from an infection with HPV is the increased risk for skin cancer in men and women, and for cervical cancer, the second leading cause of death in women.

Methods used to treat cervical cancer are laser surgery, and the removal of the ovaries. Methods used to treat the warts include cryotherapy, freezing the warts with liquid nitrogen, electro surgery, an electrified blade, or wire used to cut out a wart, and topical surgery.

It is important to meet with your gynecologist or local Planned Parenthood center at least once a year to screen for early stages of pre-cancerous cells, by means of a pap smear. Often the Ob-gyn will ask you to visit twice a year if your pap smear comes back abnormal.
Recent statistics issued by the Disease Control Center reported that 60,000 women in the United States develop cervical cancer each year, and some 7,000 to 10,000 women die of invasive cervical cancer each year.

Ask your grandparents what they know about cervical cancer, HPV, or genital warts and see what they say, or will they look at you as if you are speaking a different language? Their generation never had to worry about such things. They didn't engage in sexual activity until they were married. What would your grandparents, or even parents, reactions be if you had to tell them how many partners you have had over the past few years?

They might have possibly heard of venereal diseases (VD), diseases thought of as the scourge of prostitutes, drug addicts, and extremely promiscuous people. However, even that might sound foreign to them.
Times have changed without a doubt, but has it gotten out of control? That's an easy question, yet over looked. Individuals are the only ones spreading HPV, and changing ones own health, not to mention future.

A silent, yet treacherous, STD, HPV has infected close to seventy percent of the sexually active adults' ages 17 to 25. What is going on, and why have they all been so closed-minded and ignorant? When did they all stop caring about good health and their bodies?

A recent health report issued by Johns Hopkins University stated that the current young adult age group has begun to reshape the U.S. population. Since averaging that one out of every four women cannot bear children due to several STD's, especially the HPV virus, the population will eventually begin to decrease.

Abstinence seems to be the only solution to this spreading epidemic. If this current young adult and teenage generation can stop having sex until ready to be in a real monogamous relationship, they can eventually put a stop to the diseases they are creating and spreading.

If you are about to get caught up in the moment with someone, stop, and think about your future first. Having HPV can change more than you even know.

Scientists are doing research on two types of HPV vaccines. One type would be used to prevent infection of HPV, the other type to treat cervical cancers. Researchers are currently testing both types of vaccines in infected people.

Safeguard Against Frostbite

by Jess Dewey

Mother Nature has been kind this winter and blessed northeastern skiers and snow boarders with enough snow to make this one of the best ski seasons on record. Thanks to the ever-changing weather patterns of the Vermont climate, however, predicting the temperature on the mountain from day to day can be nearly impossible. Within the last week, temperatures on Killington have been reported as low as 30 below zero and as high as 30 above zero. When you head for the slopes one general rule applies: Be prepared for anything.

Sub-zero temperatures can not only be uncomfortable; they can be dangerous and even deadly. The wind factor makes conditions even more severe. But, some people get so caught up in the powder and the moguls, they fail to realize just how cold they actually are—until it's too late. Recently, when temperatures plummeted to 20 and 30 below zero, people were still enjoying skiing and riding in the sunshine—until they became frostbitten and miserable.

While your mom probably warned you about frostbite, you may not realize how serious it can be. Frostbite is, literally, frozen body tissue—usually skin, but sometimes deeper –and must be handled immediately and professionally. Otherwise, permanent tissue damage or even loss can result. Luckily, nearly all cases of frostbite are preventable.
Frostbite can occur anytime the temperature is below the freezing point. Frostbite is often, but not always, preceded by frostnip, a less severe condition, but one that still requires attention. Skin with frostnip is usually white and numb, but soft. Frostnip does not cause permanent damage and can usually be stopped in its tracks by warming the skin, either with warm water or warm breath.

Actual frostbite is characterized by white, numb skin, but it also feels waxy and hard (frozen). Frostbitten tissue may burn or sting. When it is reheated, the skin is often painful and throbbing and/or other strange sensations may occur in the affected tissue. Both frostnip and frostbite can occur anywhere on the body, but usually affect areas such as the nose, ears, cheeks, fingers and toes. The simplest way to prevent frostbite is to keep all skin covered with protective layers. Always keep your face shielded from the wind and cold with a scarf or facemask. Your eyes should be covered with goggles (that allow good visibility) and your ears (including the earlobes) should be under a warm hat or, better yet, a helmet.

Your body loses heat very rapidly if your head and ears are not covered.

courtesy of usopen.com

How to Treat Frostbite

BY JESS DEWEY

Get indoors immediately if possible.

~Immerse frozen areas in warm water or apply warm compresses. (Do this for 30 minutes with water around 100 degrees Fahrenheit.)

~ Do not apply direct heat (such as flame from a lighter).

~Do not try to thaw the frozen tissue if it may freeze again (if you're stuck in the cold, for example).

~ Do not rub the skin. Wrap the skin once it is thawed to prevent it from freezing again.

Students Rally for Peace, continued from front page

instill in Americans, and the concern that America is going to war for the soul purpose of oil.

"The content presented was two-sided and it got people thinking," said Shannon Lowcock, an organizer and member of the community club who sponsored the event. "In the end I feel that one of the major messages we all left with was that we must form our own conclusions, and not just accept what we are told by the media or anyone else for that matter," Lowcock said.

Many of the students who spoke had mixed feelings on the potential war and what its consequences may be. The majority expressed their fear and anger towards going to war and in an emotional speech one student made the statement, "I don't know what the answer is, but this (war) isn't it." The students and faculty were told in many ways to not be afraid to voice their opinions and that one person can do a lot and to band together with those people who feel the same as you.

"I would have liked to see more people here," said Kilic, but she added her realization that these events do matter and are making a difference in individual lives. Kilic feels this anti-war movement has reached many students, "I feel good about it," she said.

"I thought it was a very successful event because a lot of people had really valuable things to say," said Professor Paul Derby, faculty advisor of the community club.

Students were asked to participate in other campaigns and gatherings to be held against the war. An example that was used was the banning together of Poets for Peace which was started when First Lady, Laura Bush, cancelled a poetry reading due to content that would not favor a war. Castleton students, along with thousands around the country, participated in sending rice to President Bush in the "Rice for Peace" campaign, urging the president to send food not bombs.

Students were informed of other peace movements that they could be involved in such as the March 5 campaign "Books for Bombs" and other rallies that are taking place across the country. Castleton is planning on holding a "Peace Jam" in March to get more students aware of the situation, but also be able to have a good time as well. "We are all just searching for answers and information," said Derby.

EVENTS

Castleton Spring Career Fair

Glenbrook Gym, Castleton State College
Thursday, March 20, 2003
9a.m.-3p.m.

RECRUITERS

FLETCHER ALLEN HEALTH CARE

YALE SCHOOL OF NURSING

EDWARD JONES INVESTMENTS

AMERICAN EXPRESS FINACIAL ADVISORS

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" I find that, despite the relatively small population of students in this geographic area compared to the big cities, more Castlton students and faculty visit with me. They are motivated about graduate study and come to this fair well prepared." Scott Farber, Director of Admissions, Quinnipiac University. Castleton Career Fair 2002

" We have enjoyed a wonderful 4+1 relationship with Castleton- I will do whatever is necessary to continure it." Brian O'Neil, recruiter/Clarkson University, NY. Castleton Career Fair, Fall 2002

Springfield College has accepted many Castleton grads into their graduate program. Springfield College recruiter, Dick Hammond, states: "28 (students) completed cards to receive a catalog and I talked to 19 students that learned more about SC. The quality of your students is very high and they were very polite. This is an excellent program." Castleton Career Fair, Fall 2002.

GRADSCHOOLS

UNIVERSITY OF NEW HAVEN

SPRINGFIELD COLLEGE

MASSACHUTTES SCHOOL OF LAW

CLARKSON UNIVERSITY

QUINNIPIAC UNIVERSITY

ST. MICHAEL'S COLLEGE

AND MANY MORE

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CONTESTS

RESIDENTS' CONTEST
PIZZA PARTY FOR RESIDENCE HALL W/HIGHEST CAREER FAIR ATTENDENCE ASK CA FOR DETAILS
FUN FACULTY CONTEST
FACULTY ACCOMPANYING STUDENTS TO THE CAREER FAIR CAN ENTER TO WINT DINNER TICKETS TO RESTAURANT OF THEIR CHOICE.
MIKE AUSTIN WON LAST TIME!

"MAC" & STUDENT CONTEST
NOMINATE THE NON-FACULTY EMPLOYEE ON CAMPUS WHO YOU FEEL ENCOURAGED YOU THE MOST DURING YOUR COLLEGE CAREER. PRIZE FOR YOU AND A PRIZE FOR YOUR "MAC." ENTRY FORMS IN CAREER DEV. OFFICE. *LAST WINNER: GERRY KILDUF, PUBLIC SAFETY*

STAFF & STUDENT CONTEST
ANY STAFF MEMBER (NON-FACULTY) ATTENDING WITH A STUDENT CAN ENTER TO WIN GIFT CERTIFICATE TO RESTAURANT OF THEIR CHOICE
CAS CONTEST
CA WITH HIGHEST PERCENTAGE OF RESIDENTS ATTENTDING CAREER FAIR WINS *$50 CSC BOOK STORE CERTIFICATE*

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Call ext. 6067 or email us at cairn@castleton.edu

Surreal Life

This week's picture made and submitted by Amanda McIntyre

If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu

ARE YOU HEALTHY? PAGE 2

WANT TO KNOW THE HISTORY OF THE DOGG? PAGE 4

UVM MARCHES INTO THE NCAA TOURNAMENT, PAGE 6

The Student Newspaper of Castleton State College - Castleton, Vermont

THE CAIRN

MARCH 20, 2003

-Est. 1960-

Students Strike to Protest War

by Amanda McIntyre

The National Youth and Peace Coalition presented the National Student Strike for Books Not Bombs on March 5, 2003. This nationwide strike had 30,000 to 50,000 students, faculty and staff from 400 to 500 high schools and colleges walking out of classes at 11:30 a.m. in a protest against the Bush administration's proposed war on Iraq. Castleton was one of the many colleges that participated in this strike.

When 11:30 a.m. came, nearly 50 students, faculty and staff joined together in front of the Calvin Coolidge Library to participate in the strike, followed by a march through Castleton. The peace crusaders didn't seem to mind the weather, which was damp with icy sidewalks making the march difficult.

The march started at the library. It went throughout the campus and out onto Main Street where it looped back around to the library. By the end of the march students were chilly and dripping with rain.

The students, faculty and staff carried homemade signs with various messages displayed in bold lettering. Some of the signs read "No Blood for Oil" and "Go Solar, Not Ballistic."

As the march went on, many others that hadn't participated in the strike started to join the march. The peace marchers chanted, "What do we want? Peace! When do we want it? Now!"

Photo: Amanda McIntyre

"Flat out, war is immoral. We don't need to kill to resolve."

Two other students started their own march. They shouted in response to the peace marchers yelling, "What do we want? War! When do we want it? Now!"

Professor Gershon, Chairman of Communications Deptment, said, "I hate the idea of war," when asked why he attended the strike. Gershon was only one of the many faculty members present at the strike.

Cindy Kilic, student and organizer of many peace events, said, "I wish everyone was out here," when asked what she thought of the turnout. She went on to say that we are just a small college community unlike some of the bigger colleges that had all day events planned. "Flat out, war is immoral. We don't need to kill to resolve," she said for her thoughts about the war against Iraq.

Following the march was a Teach-In in the Herrick Auditorium at 6 p.m. Nearly 35 people showed up for the Teach-In including many of the marchers that were seen earlier in the day.

Professor Tersh Palmer, English professor, was the moderator for the Teach-In. Professor Judy Robinson, assistent professor of ecconomics, and Professor Melisse Pinto, assistent professor of political science,were the organizers of the event. There were many faculty and staff speakers at this event including Palmer, Pinto, and Robinson. Some of them were Burnham Holmes, Tom Conroy, Robert Gershon, and Philip Lamy. A few of the speakers were also Vietnam vets. Professor Burnham Holmes, professor of English, brought in his old US Army jacket that he had from when he was younger and served in the Vietnam War.

Holmes was a member of the ROTC. He talked about the conflicts that many youth might feel about the war, not knowing if they should join because they love their country and family, or if they should go for peace, but are afraid of looking like they are turning their back on the country. "It's okay to believe in peace and work for peace," said Holmes. "Let the peace grow in your heart."

WEATHER FORECAST

Today, March 20

Cloudy
High 51 F, low 43 F

Friday- showers, high 56 F, low 38 F
Saturday-few showers , high 52 F, low 25 F
Sunday- mostly cloudy, high 45 F, low 18 F

Source: Weather Channel

"Peace is the one condition of survival in this nuclear age."

-Adlai E. Stevenson

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Where is Stephanie? Seen at Castleton

by Renee Bishop

Documentary filmmaker, Bess O'Brien, brought her film *Where is Stephanie?* to Castleton March 4, for an audience of 40. The film shows the effects on the family of Stephanie Sady who was murdered in Grandville, Vt. in 1994.

O'Brien spent a year and a half following the lives of Stephanie's mother Gloria and her sister April. The documentary shows how the family dynamics are working and the family healing process. During her introduction, O'Brien brought up the fact of how often murders unfold on TV shows like 60 minutes. She wanted this documentary to go beyond the murder itself and look at its effects.

The first moments of the film show how the actual murder occurred. Stephanie Sady was raped and murdered at the age of 17 by her Uncle William Burdick. Before this was discovered there was a weeklong search for her and the question was raised, "Where is Stephanie?"

courtesy photo of buyindies.com

Stephanie's body was found in the basement of her uncle's house. Burdick admitted to the murder and told police he videotaped the whole thing. It was later discovered he had been stalking Stephanie for a long time. Burdick was sentenced to 25 years to life in prison.

Gloria Davis and April Sady live in Rutland, Vt. O'Brien didn't

continued on page 3

Las Vegas Comes to Castleton

by Sacha Moureau

Castleton State College's Community Council Club and Community Advisors will bring Las Vegas to the college community in support of the local food shelf.

Casino Night, which will be held on Sunday, April 27th, the school's Spring Weekend, will feature games donated by the Lions Club of Castleton, including Roulette, Black Jack, Poker and other casino-style table games.

"We hope that it will bring together the college community, and get the campus involved," said Crystal Setzer, one of the Community Advisors putting on the event. "But the main reason is to get the college community to give to and help out the needy."

To take part in Casino Night, players are asked to bring canned goods to donate toward the local food shelf. The cans are used as chips, used in the casino games with the value of one non-perishable item equaling $1,000 in play money. At the end of the night, participants can buy raffle tickets at $100 in play money apiece to win prizes, which include DVD players, CD players, and Play Station 2 packages.

The Community Council Club and Community advisors are required to put on a certain number of programs each year and want to do something to get the whole campus involved. They hope to turn this into an annual event that will be carried on over the years. All of the cans of food will be given to the food shelter in hopes of giving to the community and helping the needy.

Editorials

What Can You Do?

In most minds, including those of residents, Vermont is not a place you think of when questioning safety. You recall the violence that big-city campuses are notorious for, such as riots and frequent drug overdosing. When you think of Vermont, you think of cows, pine trees, and small picturesque campuses surrounded by our famous foliage. Everyone knows everyone else and that alone inhibits crime. This is very untrue and incredibly dangerous to believe, but well-it's Vermont. How much danger could there be?

Wherever you are, you're at risk, and all you can do to protect yourself is be alert. When you're aware, there doesn't have to be any danger. But your safety is up to you and also those around you, because danger comes from others. So there's no way to be completely safe in any particular place unless you are aware of your surroundings. Never be misled into a precarious situation that you're uncomfortable in just because of a familiar person or place.

Castleton is a small college located in a small town, with only nearby Rutland as a diversion. You might think the less there is to do, the less mischief there is to get into. This also is untrue. Sometimes bored people in small places can be a very dangerous thing. We have experienced assault, theft, and vandalism, but the crime most often committed is negligence. In such a small place it is most important for people to take care of each other. Here is where one person's safety is the responsibility of all; you probably know them anyway. Don't be surprised when something happens in your small town; be ashamed. In such a small place, people don't like to get involved in others' business, but sometimes you should. When these crimes occur, it means we've failed as a community to protect one of our members. It means we've not been as closely-knit as we should be.

People used to look out for each other. "Friends don't let friends drive drunk" and so on. Now it seems that people are more content to look away when they have information on something that's happened to someone else. But that's just it; it didn't happen to you, so why get involved or put yourself at risk? Because it's your responsibility as a member of any community to help prevent these things from happening. You're not helping by keeping quiet, pulling pranks or spreading rumors.

For example, the campus has recently installed those Code Blue towers which are impossible to miss. They are there for our safety, in case of an emergency. What good can they do when they're activated as a joke? Public Safety must be bored with this by now. I saw a group of people egg each other to set one off outside the campus center a few nights ago, right under my window. They walked away as calmly as could be, and soon after, Public Safety arrived. They have to reset the tower and let the police know it was a false alarm. Do you know it's an $800 fine to set these towers off? We're getting into a childhood lesson here: the boy who cried wolf? You could be taking attention away from someone who really needs help.

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- Billie Pisaniello -

Health Feature

A Vitamin A Day Goes A Long Way

by Rebecca Becker

John's annoying black alarm clock is going off. "How can it be 9 a.m. already? I just went to bed four hours ago," he says to himself. John quickly jumps out of bed, throws on some clothes on that he finds lying on the floor, makes his way into the bathroom to brush his teeth, grabs his books, hoping they are the right ones, and tries to make it to his 9:30 class. "I cannot wait to get back to bed after this class is over," Johns says. Sound familiar?

John's morning routine is similar to that of many college students. On average, college students nationwide do not get the appropriate amount of sleep or the nutrients they need. The average college student eats only one meal a day consisting mainly of carbohydrates, and fills tin the gaps with fatty snacks and beverages—beer, soda, and other drinks containing caffeine and alcohol. That's only one-fifth of the food pyramid that everyone is supposed to be following on a daily basis.

Who really has time each day to make sure they get three to five servings of fruits and vegetables (this does not include the blueberries in your morning muffin), two to three servings of meat, poultry, beans, eggs, and nuts, and two to three servings of dairy? The food pyramid does not include room for Doritos or White Russian cocktails. You already have the six to eleven servings of bread, pasta, and rice down, not to mention the tip of the pyramid—the fats, oils, and sweets. A college student typically does not even have to try to get those servings in. They seem to come naturally.

According to experts, every individual needs to get vitamin C, folic acid, niacin, vitamin B1, B2, B6, B12, vitamin A, D, E, pantothenic Acid, Biotin, and several others into their daily diet by means of foods and minerals. Vitamin deficiencies are very common. In a recent article published in JAVA, a physician by the name of Edward Howe stated that 98% of the United States population suffer from a vitamin deficiency.

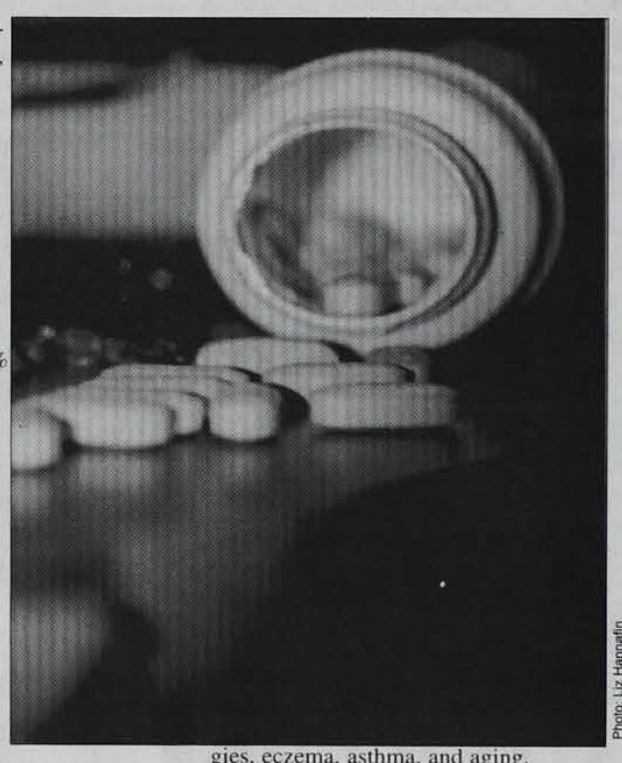

Photo: Liz Hannafin

Vitamin deficiencies play a key role in memory loss, restlessness, depression, colds, acne, weight gain, migraines and the development of chronic diseases—heart disease, diabetes, cancers, and several others. In the eighteenth century, seasoned sailors found that by sucking on lemons they could avoid scurvy, a debilitating disease that often developed during long voyages when fresh fruits and veggies were scarce. When the lemons key nutrient was formally identified in 1928, it was named ascorbic acid for its anti-scurvy action. Today ascorbic acid is widely known as vitamin C.

Vitamin C also helps limit the duration of colds and flu; it also helps prevent certain cancers by protecting healthy cells from free-radical damage and inhibiting the proliferation of cancerous cells. Vitamin C is known to protect against cataracts, relieves allergies, eczema, asthma, and aging. Vitamin C is one of the few vitamins that help prevent memory loss (not a bad thought to take into consideration before a big exam).

Not only are many people vitamin C deficient, one cigarette destroys 25-100mg of vitamin C. The daily-recommended allowance of vitamin C is 45 mg per day. Many women are unaware that oral contraceptives interfere with the availability of vitamins C, B6, B12, and folic acid.
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News

An Outreach for Assault Victims

by Jen Arthur

Students Against Rape and Sexual Assault (SARSA) held its first meeting on Tuesday, March 3, at 12:30 p.m. in the Campus Center.

Maureen Bosak, the president, organized the club last month, having been raped in May of 2002 at Castleton State College. She wanted to organize a support group because rape often goes unreported.

The goal of the club is to educate students about rape and raise awareness in the hope of lessening the incidents. It is also a way for anyone who has been a victim to have a confidential outlet. The club made pamphlets, posters, and at the meeting they discussed the idea of ordering rape whistles to hand out around campus. The possibility of the whistles being used as a toy or joke was mentioned, but the members feel it's a good start.

Awareness week starts March 24, and the club has a few activities planned throughout the week. These include a Men's Awareness Day to explain how rape is not just an issue for women. A Candlelight Vigil will be held for anyone who knows a victim or has been one. SARSA also planned a movie night, but their most important event is speaker Katie Koestner, a huge advocate against rape, also a victim of rape on a college campus, coming to Castleton to address the issue.

SARSA now meets Tuesdays as well as Thursdays, at 12:30pm in the Campus Center, to organize Awareness Week and talk about other ways to help people around the campus feel safe.

Many websites provide useful information on rape and assault: www.rainn.org, www.Rape101.com, www.mencanstoprape.org and www.rsacnip.org, which is a Rape and Sexual Assault Center. RAINN also has a hotline 1-800-656-HOPE.

A recent rape victim stated, "Talking about it is the biggest thing. The more you talk about it you can sort out your feelings and emotions and get a better handle on the situation. If you do not these feelings tend to build up and you become overwhelmed by them. The other thing is support. You have such an enormous amount of conflicting emotions that you need people there to help you deal with everything that is going on inside you and help you feel better about yourself and not feel like the victim."

Every two minutes, somewhere in America, someone is sexually assaulted. (According to RAINN Statistics 2000 National Crime Victimization Survey). SARSA hopes to alleviate the stress and pain felt by the victims of violent crime by giving them a chance to speak.

New Residence Hall Means CAs Will Have Roommates

by Michael Acampora

This fall, Castleton State College Community Advisors (CA's) will have roommates. College officials are saying that it is necessary for CA's to have roommates in order for a new residence hall to be built within the near future.

Deri Wills, Director of Residence Life, has already begun to get the ball rolling. CSC must have 752 students living on campus for the Board of Trustees to approve the money needed for the new residence hall. No decision has been made as to what type of residence hall it will be and the location has still not been determined. Construction is scheduled to begin between August and September and the hall should be open for the 2004-2005 school year.

There have been differing viewpoints on the matter of CA's having roommates. Some CA's oppose getting roommates for confidentiality reasons with their residents. Kate Bradleyfulco, a present CA, believes that there will be many conflicts between CA's and their roommates if these plans go through. Bradleyfulco says she gets residents that come to her room around two or three o'clock in the morning that need to talk about a situation, and having a roommate will make it hard to talk openly to her residents. She is afraid that this will ultimately lead to conflict of interests between the CA's and their roommates. Many CA's are against having roommates for these reasons.

As for now, Wills says that the residence halls are not overcrowded, but full to capacity. Currently there are 721 students living on campus and there are only ten single rooms available. With this new residence hall there will be room for 125 more beds. Out of the twenty-five CA's now, Wills expects between ten to fifteen of them to return in the fall.

Where is Stephanie, continued from front page

know what angle the documentary would take at first. She and co-director, Mary Arbukle, filmed everyday life for Gloria and April two years after the murder was committed. O'Brien describes the final product as "very real." She said it was hard to keep her dignity as a filmmaker and also keep the truth of how it really was.

"The film is so personal," said O'Brien. She attempts to show how Stephanie's presence in the home is affecting April's relationship with her mother. Gloria feels extreme guilt at times for losing track of Stephanie's life around the time she was killed. She also lives with the guilt of not picking up on the signs that Burdick was a sick man. April feels she doesn't get the attention she needs from her mother. Gloria is spending most of her time taking care of Stephanie's two-year-old son, whom she received custody over after the murder. April fell into the same lifestyle as her sister, becoming pregnant at the age of 17 and getting involved in the wrong types of relationships. The family's tragedy has had a profound effect on how they live and communicate with each other. Gloria explains in the film how the pain of loosing Stephanie will never go away.

"I think that it was a documentary that people needed to see because it expresses the reality and voices the truths of those who are forced to deal with situations they can not control," said senior Dan Cooley.

When the film was released in 1998, O'Brien toured with it through Vermont with Stephanie's family in attendance. The Castleton's Women's Studies Committee, Dean Joe Mark, and President David Wolk helped sponsor and bring the film to the school.

O'Brien has made three documentaries, all of them dealing with personal and emotional issues. Journey into Courage deals with abused women and the problem of domestic violence. *Where is Stephanie?* is O'Brien's second film. She calls it "a slice of life", and it takes many people into an unfamiliar world. 2002 is O'Brien's latest film dealing with the heroin problems in the Northeast Kingdom.

Students Express Their Opinions at Action Orgy

by Scott Lanphear

On Thursday, March 6, Castleton students voiced their opinions on various aspects of campus life at an Action Orgy in the Herrick Auditorium. The event was sponsored by the Community Action Seminar class in conjunction with Vermont Campus Compact, a nationwide organization whose goal is to get college students to speak out on issues concerning their campus.

The students spoke anonymously in a casual open dialogue. The person in charge of the event handed a microphone to students who had issues to bring up or comments based on an issue someone else mentioned.

Students talked about the quality, expense, and convenience of the food services on campus. A few people said that the fruits and vegetables in Huden Dining Hall are often not fresh. "It's harder to eat more healthy there," said one student. "You're pretty much left with fried food that's soaking in grease."

Students also bemoaned the high prices at the Fireside Café. "The Mountain Dews are a lot more expensive than you find at the gas station, and I wonder where the profit that they're making goes," one person noted. Other concerns included the need for 24-hour food service on campus and the need for better recycling.

One person at the event complained that the RD's and CA's on campus are not always communicative with their residents. "I don't think that [th RD's and the CA's] support us at all, the student noted. "We're left with n one to talk to." One student suggeste having the residents fill out evaluation about the residence hall staff. "We eval uate our teachers. We should be able t evaluate our [residence hall] staff. Others suggested that the CA's shoul plan additional fun activities to increas communication between CA's and resi dents.

Another topic for discussio was the possibility of having "smokin shelters" where smokers could be pro tected from bad weather. "When you'r in slippers and it's sleeting or raining o hailing, and all you want to do is jus smoke a cigarette and go to bed, that' really not an option," one student said Another student disagreed with the ide stating, "I personally wouldn't wan any of my tuition money going towar shelters that have anything to do witl smoking ... to promote [smokers] to d something damaging to their bodies. Others suggested having shelters tha smokers could share with people wh wanted to go outside and study.

Other topics that student raised were: the need for more jobs o campus, the value of the teacher evalu ations that students fill out every semester, the need for more parkin spaces, and the possibility of makin the student identification cards usabl at businesses off campus and for vend ing machines and laundry.

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UVM MARCHES INTO THE NCAA TOURNAMENT, PAGE 6

The Student Newspaper of Castleton State College - Castleton, Vermont

THE CAIRN

MARCH 20, 2003

-Est. 1960-

Students Strike to Protest War

by Amanda McIntyre

The National Youth and Peace Coalition presented the National Student Strike for Books Not Bombs on March 5, 2003. This nationwide strike had 30,000 to 50,000 students, faculty and staff from 400 to 500 high schools and colleges walking out of classes at 11:30 a.m. in a protest against the Bush administration's proposed war on Iraq. Castleton was one of the many colleges that participated in this strike.

When 11:30 a.m. came, nearly 50 students, faculty and staff joined together in front of the Calvin Coolidge Library to participate in the strike, followed by a march through Castleton. The peace crusaders didn't seem to mind the weather, which was damp with icy sidewalks making the march difficult.

The march started at the library. It went throughout the campus and out onto Main Street where it looped back around to the library. By the end of the march students were chilly and dripping with rain.

The students, faculty and staff carried homemade signs with various messages displayed in bold lettering. Some of the signs read "No Blood for Oil" and "Go Solar, Not Ballistic."

As the march went on, many others that hadn't participated in the strike started to join the march. The peace marchers chanted, "What do we want? Peace! When do we want it? Now!"

Photo: Amanda McIntyre

"Flat out, war is immoral. We don't need to kill to resolve."

Two other students started their own march. They shouted in response to the peace marchers yelling, "What do we want? War! When do we want it? Now!"

Professor Gershon, Chairman of Communications Deptment, said, "I hate the idea of war," when asked why he attended the strike. Gershon was only one of the many faculty members present at the strike.

Cindy Kilic, student and organizer of many peace events, said, "I wish everyone was out here," when asked what she thought of the turnout. She went on to say that we are just a small college community unlike some of the bigger colleges that had all day events planned. "Flat out, war is immoral. We don't need to kill to resolve," she said for her thoughts about the war against Iraq.

Following the march was a Teach-In in the Herrick Auditorium at 6 p.m. Nearly 35 people showed up for the Teach-In including many of the marchers that were seen earlier in the day.

Professor Tersh Palmer, English professor, was the moderator for the Teach-In. Professor Judy Robinson, assistent professor of ecconomics, and Professor Melisse Pinto, assistent professor of political science,were the organizers of the event. There were many faculty and staff speakers at this event including Palmer, Pinto, and Robinson. Some of them were Burnham Holmes, Tom Conroy, Robert Gershon, and Philip Lamy. A few of the speakers were also Vietnam vets. Professor Burnham Holmes, professor of English, brought in his old US Army jacket that he had from when he was younger and served in the Vietnam War.

Holmes was a member of the ROTC. He talked about the conflicts that many youth might feel about the war, not knowing if they should join because they love their country and family, or if they should go for peace, but are afraid of looking like they are turning their back on the country. "It's okay to believe in peace and work for peace," said Holmes. "Let the peace grow in your heart."

WEATHER FORECAST

Today, March 20

Cloudy
High 51 F, low 43 F

Friday- showers, high 56 F, low 38 F
Saturday-few showers , high 52 F, low 25 F
Sunday- mostly cloudy, high 45 F, low 18 F

Source: Weather Channel

"Peace is the one condition of survival in this nuclear age."

-Adlai E. Stevenson

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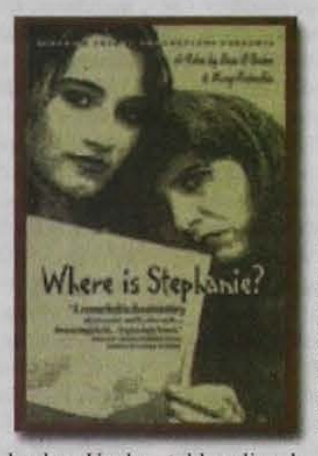
Where is Stephanie? Seen at Castleton

by Renee Bishop

Documentary filmmaker, Bess O'Brien, brought her film *Where is Stephanie?* to Castleton March 4, for an audience of 40. The film shows the effects on the family of Stephanie Sady who was murdered in Grandville, Vt. in 1994.

O'Brien spent a year and a half following the lives of Stephanie's mother Gloria and her sister April. The documentary shows how the family dynamics are working and the family healing process. During her introduction, O'Brien brought up the fact of how often murders unfold on TV shows like 60 minutes. She wanted this documentary to go beyond the murder itself and look at its effects.

The first moments of the film show how the actual murder occurred. Stephanie Sady was raped and murdered at the age of 17 by her Uncle William Burdick. Before this was discovered there was a weeklong search for her and the question was raised, "Where is Stephanie?"



courtesy photo of buyindies.com

Stephanie's body was found in the basement of her uncle's house. Burdick admitted to the murder and told police he videotaped the whole thing. It was later discovered he had been stalking Stephanie for a long time. Burdick was sentenced to 25 years to life in prison.

Gloria Davis and April Sady live in Rutland, Vt. O'Brien didn't

continued on page 3

Las Vegas Comes to Castleton

by Sacha Moureau

Castleton State College's Community Council Club and Community Advisors will bring Las Vegas to the college community in support of the local food shelf.

Casino Night, which will be held on Sunday, April 27th, the school's Spring Weekend, will feature games donated by the Lions Club of Castleton, including Roulette, Black Jack, Poker and other casino-style table games.

"We hope that it will bring together the college community, and get the campus involved," said Crystal Setzer, one of the Community Advisors putting on the event. "But the main reason is to get the college community to give to and help out the needy."

To take part in Casino Night, players are asked to bring canned goods to donate toward the local food shelf. The cans are used as chips, used in the casino games with the value of one non-perishable item equaling $1,000 in play money. At the end of the night, participants can buy raffle tickets at $100 in play money apiece to win prizes, which include DVD players, CD players, and Play Station 2 packages.

The Community Council Club and Community advisors are required to put on a certain number of programs each year and want to do something to get the whole campus involved. They hope to turn this into an annual event that will be carried on over the years. All of the cans of food will be given to the food shelter in hopes of giving to the community and helping the needy.

Editorials

What Can You Do?

In most minds, including those of residents, Vermont is not a place you think of when questioning safety. You recall the violence that big-city campuses are notorious for, such as riots and frequent drug overdosing. When you think of Vermont, you think of cows, pine trees, and small picturesque campuses surrounded by our famous foliage. Everyone knows everyone else and that alone inhibits crime. This is very untrue and incredibly dangerous to believe, but well- it's Vermont. How much danger could there be?

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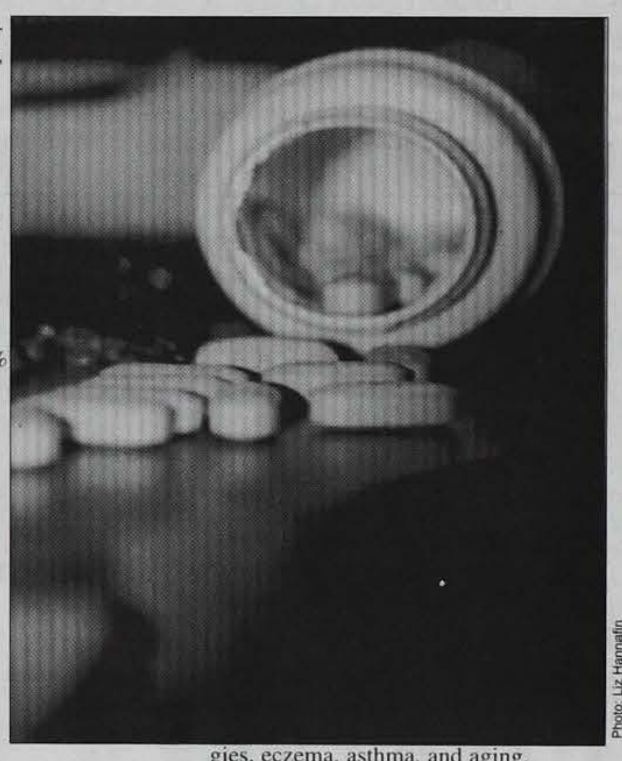

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Students Against Rape and Sexual Assault (SARSA) held its first meeting on Tuesday, March 3, at 12:30 p.m. in the Campus Center.

Maureen Bosak, the president, organized the club last month, having been raped in May of 2002 at Castleton State College. She wanted to organize a support group because rape often goes unreported.

The goal of the club is to educate students about rape and raise awareness in the hope of lessening the incidents. It is also a way for anyone who has been a victim to have a confidential outlet. The club made pamphlets, posters, and at the meeting they discussed the idea of ordering rape whistles to hand out around campus. The possibility of the whistles being used as a toy or joke was mentioned, but the members feel it's a good start.

Awareness week starts March 24, and the club has a few activities planned throughout the week. These include a Men's Awareness Day to explain how rape is not just an issue for women. A Candlelight Vigil will be held for anyone who knows a victim or has been one. SARSA also planned a movie night, but their most important event is speaker Katie Koestner, a huge advocate against rape, also a victim of rape on a college campus, coming to Castleton to address the issue.

SARSA now meets Tuesdays as well as Thursdays, at 12:30pm in the Campus Center, to organize Awareness Week and talk about other ways to help people around the campus feel safe.

Many websites provide useful information on rape and assault: www.rainn.org, www.Rape101.com, www.mencanstoprape.org and www.rsacnip.org, which is a Rape and Sexual Assault Center. RAINN also has a hotline 1-800-656-HOPE.

A recent rape victim stated, "Talking about it is the biggest thing. The more you talk about it you can sort out your feelings and emotions and get a better handle on the situation. If you do not these feelings tend to build up and you become overwhelmed by them. The other thing is support. You have such an enormous amount of conflicting emotions that you need people there to help you deal with everything that is going on inside you and help you feel better about yourself and not feel like the victim."

Every two minutes, somewhere in America, someone is sexually assaulted. (According to RAINN Statistics 2000 National Crime Victimization Survey). SARSA hopes to alleviate the stress and pain felt by the victims of violent crime by giving them a chance to speak.

New Residence Hall Means CAs Will Have Roommates

by Michael Acampora

This fall, Castleton State College Community Advisors (CA's) will have roommates. College officials are saying that it is necessary for CA's to have roommates in order for a new residence hall to be built within the near future.

Deri Wills, Director of Residence Life, has already begun to get the ball rolling. CSC must have 752 students living on campus for the Board of Trustees to approve the money needed for the new residence hall. No decision has been made as to what type of residence hall it will be and the location has still not been determined. Construction is scheduled to begin between August and September and the hall should be open for the 2004-2005 school year.

There have been differing viewpoints on the matter of CA's having roommates. Some CA's oppose getting roommates for confidentiality reasons with their residents. Kate Bradleyfulco, a present CA, believes that there will be many conflicts between CA's and their roommates if these plans go through. Bradleyfulco says she gets residents that come to her room around two or three o'clock in the morning that need to talk about a situation, and having a roommate will make it hard to talk openly to her residents. She is afraid that this will ultimately lead to conflict of interests between the CA's and their roommates. Many CA's are against having roommates for these reasons.

As for now, Wills says that the residence halls are not overcrowded, but full to capacity. Currently there are 721 students living on campus and there are only ten single rooms available. With this new residence hall there will be room for 125 more beds. Out of the twenty-five CA's now, Wills expects between ten to fifteen of them to return in the fall.

Where is Stephanie, continued from front page

know what angle the documentary would take at first. She and co-director, Mary Arbukle, filmed everyday life for Gloria and April two years after the murder was committed. O'Brien describes the final product as "very real." She said it was hard to keep her dignity as a filmmaker and also keep the truth of how it really was.

"The film is so personal," said O'Brien. She attempts to show how Stephanie's presence in the home is affecting April's relationship with her mother. Gloria feels extreme guilt at times for losing track of Stephanie's life around the time she was killed. She also lives with the guilt of not picking up on the signs that Burdick was a sick man. April feels she doesn't get the attention she needs from her mother. Gloria is spending most of her time taking care of Stephanie's two-year-old son, whom she received custody over after the murder. April fell into the same lifestyle as her sister, becoming pregnant at the age of 17 and getting involved in the wrong types of relationships. The family's tragedy has had a profound effect on how they live and communicate with each other. Gloria explains in the film how the pain of loosing Stephanie will never go away.

"I think that it was a documentary that people needed to see because it expresses the reality and voices the truths of those who are forced to deal with situations they can not control," said senior Dan Cooley.

When the film was released in 1998, O'Brien toured with it through Vermont with Stephanie's family in attendance. The Castleton's Women's Studies Committee, Dean Joe Mark, and President David Wolk helped sponsor and bring the film to the school.

O'Brien has made three documentaries, all of them dealing with personal and emotional issues. Journey into Courage deals with abused women and the problem of domestic violence. *Where is Stephanie?* is O'Brien's second film. She calls it "a slice of life", and it takes many people into an unfamiliar world. 2002 is O'Brien's latest film dealing with the heroin problems in the Northeast Kingdom.

Students Express Their Opinions at Action Orgy

by Scott Lanphear

On Thursday, March 6, Castleton students voiced their opinions on various aspects of campus life at an Action Orgy in the Herrick Auditorium. The event was sponsored by the Community Action Seminar class in conjunction with Vermont Campus Compact, a nationwide organization whose goal is to get college students to speak out on issues concerning their campus.

The students spoke anonymously in a casual open dialogue. The person in charge of the event handed a microphone to students who had issues to bring up or comments based on an issue someone else mentioned.

Students talked about the quality, expense, and convenience of the food services on campus. A few people said that the fruits and vegetables in Huden Dining Hall are often not fresh. "It's harder to eat more healthy there," said one student. "You're pretty much left with fried food that's soaking in grease."

Students also bemoaned the high prices at the Fireside Café. "The Mountain Dews are a lot more expensive than you find at the gas station, and I wonder where the profit that they're making goes," one person noted. Other concerns included the need for 24-hour food service on campus and the need for better recycling.

One person at the event complained that the RD's and CA's on campus are not always communicative with their residents. "I don't think that [the RD's and the CA's] support us at all," the student noted. "We're left with no one to talk to." One student suggested having the residents fill out evaluations about the residence hall staff. "We evaluate our teachers. We should be able to evaluate our [residence hall] staff." Others suggested that the CA's should plan additional fun activities to increase communication between CA's and residents.

Another topic for discussion was the possibility of having "smoking shelters" where smokers could be protected from bad weather. "When you're in slippers and it's sleeting or raining or hailing, and all you want to do is just smoke a cigarette and go to bed, that's really not an option," one student said. Another student disagreed with the idea stating, "I personally wouldn't want any of my tuition money going toward shelters that have anything to do with smoking ... to promote [smokers] to do something damaging to their bodies." Others suggested having shelters that smokers could share with people who wanted to go outside and study.

Other topics that students raised were: the need for more jobs on campus, the value of the teacher evaluations that students fill out every semester, the need for more parking spaces, and the possibility of making the student identification cards usable at businesses off campus and for vending machines and laundry.

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Features

Dogg Days

by Jessica Bass

When people mention "The Dogg," in and around Castleton State College, they are usually referring to the cramped, hole- in- the- wall bar where many young people end up on a Thursday night to grab a few drinks and hang out with friends. Have you ever wondered when and how "The Dogg" was born? And why does the decayed white sign outside the bar says The Bomoseen Inn when you have been hearing it referred to as "The Dogg" for as long as you can remember?

Believe it or not, "The Dogg" was once a healthy working inn and restaurant, not to mention a well-known and recognized bar for travelers and locals alike.

Built in 1903, The Bomoseen Inn first served as a boarding house for people just passing through the area. Over many years and under many owners, the inn and bar went through many drastic changes.

In 1962 John Mulligan and his wife, owners of a small liquor store and delicatessen from New Jersey, bought the inn and moved up to Vermont to make it into what it is today. Bringing only one family member, Aunt Sally, to help run and manage the inn, the Mulligan's turned to Ruth Steele, a local that had worked at the inn for many years in the past.

As new owners, the Mulligans decided that the inn and mainly the bar half restaurant needed some major renovations. From 1961 to 1967 the in had a bar that only seated sixteen people while the other half of the room was set up like a dining room. To crunch space even more, at one end there was a lounge area set up with couches and a television for the boarders of the inn. A kitchen set was right next to the bar area, and Mr. Mulligan built a barbecue pit in place of a big iron stove. "The pit was used to cook chops, steaks, and hamburgers for the dining room."

The kitchen was not that profitable. The owners began catering mainly towards boarders. Travelers, hunters, and ice fishers could always count on Mrs. Mulligan for a good homemade breakfast or dinner because she would do all the cooking herself. The inn, however would serve food on holidays such as New Year's Day and St. Patrick's Day, when the inn would serve a corned-beef and cabbage buffet as well as green beer.

Having the longest bar in Vermont made the inn's small claim to fame in 1967 making it the most popular places in the area. Surfaced in slate, the new bar was in the shape of a T and was located in the middle of the inn. With its newly renovated shape the bar could now seat fifty customers opposed to the sixteen that fit around the last bar.

Saturday nights became the busiest because the Mulligan's would hire local bands that would circulate through the different inns. Even with a shared space of the bar, a band could still fit in the far corner.
The famous 'Dogg Nights' were on Wednesdays at the inn, different from the long-awaited Thursday night for college students of today. This was when the inn catered to local college students from Castleton by serving ten-cent draft beer. Crowds would line up at the front door.

Linda Sheridan, an alumnus of Castleton recalls many memories of the bar. saying, " It was the highlight of graduation. It was such a big deal to walk the dog. Your friends and family would come with you to the bar and as you walked down the long bar they would place drinks at your feet you would have to pick up and drink at each step. It was so packed then that you couldn't get into the place. The whole graduation class could practically fit on the bar."

The Bomoseen Inn imprinted itself on the town as part of Castleton student tradition. Mrs. Mulligan said, "The students would bring their parents in and show them where they all hung out. Students would bring their books to the bar, sit at a corner, and do homework until they couldn't."

As long as the students "could hold [their] own," they were much welcomed to The Bomoseen Inn according to Mr. Mulligan.

Since the time of the Mulligan's and the inn, "The Dogg" still remains a popular meeting place and hangout for Castleton students and locals.

courtesy of fairhavenchambervt.com

Why is it called 'The Dogg'?

Prior to Ed Carpinski, the owner before the Mulligans ,a set of owners had a bulldog that would walk around the bar, begging for food. He use to bark for absolutely anything he wanted so soon the nickname of the inn became The Talking Dog. Over time, people became lazy and just started to call The Bomoseen Inn.... "The Dogg."

Dr. Gregory Pence Speaks to Castleton About Cloning

by Corinne Casella

In a crowded gym full of noisy freshmen, a silent, unassuming man made his way to the dimly lit podium centered on the stage. As he began to speak he broke into a smile and started the evening with a joke. Few would find this man menacing, with his wide smile and southern accent. Yet he was about to start a discussion that many find extremely controversial. The speaker was Dr. Gregory Pence, philosophy professor from the University of Alabama and author of several books. It is his newest book, 'Who's Afraid of Human Cloning,' that brought him to Vermont.

Before Dr. Pence took the stage, Bob Johnson, a philosophy professor at Castleton State College, posed the question "What is wrong with having a child by means of cloning?" That question reverberated in the minds of the audience as Dr. Pence began his discussion with a slide show. The first slide depicted Ian Wilmut and his famous cloned sheep Dolly. Dr. Pence explained that the choice of starting with a sheep was a good use of strategy by the scientists. The issue of cloning scares many people, but the sight of a cute, fluffy sheep helps to lighten the mood. Scientists have also cloned other animals such as cows, mice, calves, bulls, and pigs.

Some debate has recently arisen over whether or not deceased pets should be cloned. A test case involves a dog named Missy. Missy was a beloved pet. Her death affected her owners in such a way that cloning sounded like a good choice. Missy's owners were not the only ones hoping to continue the legacy of a deceased pet. People from all over the country send in tissue samples of their pets to the Roslin Institute, hoping for a re-creation of what they lost. The Roslin Institute, located in Edinburgh, Scotland, is one of the world's leading centers on farm and other animals.

This new kind of hope is not limited to pets but also extends to deceased family members. Slides were shown of people who died before their time and whose families want some part of them to live on.
Although the families are quite aware that the similarities between their loved one and this new person would end with the external, they long for something to cling to. Some may find these requests odd at best, but as Pence explains, "Medicine has to be against fatalism."

Pence went on to explain a little bit about the process of cloning. The genotype, which is a person's entire genetic constitution, cannot be fully copied. It is the phenotype, an expression of the genotype, which is duplicated. Things like hair and urine samples could differentiate between the original and the clone.

Dr. Pence did his best to veer the discussion of cloning away from the Frankenstein-like myths toward something that could be beneficial for the human race. One way it could be beneficial was for people in need of heart transplants. Cloned pig hearts could be the answer to the dreaded waiting lists most patients are on. Help with ailments such as Alzheimer's and paraplegia may be obtained through cloning. Another advantageous effect was that of embryonic cloning.

Embryonic cloning is a way for thousands of infertile couples to realize their dream of being parents. Many people describe this way of obtaining a child as unnatural. Yet Pence goes on to remind us that in- vitro fertilization was once described as being unnatural. Infertility is a big problem among couples; one in twelve couples is infertile. Out of every 100 couples only 20 successfully conceive a child. Despite the advantages, Pence explained that human cloning should not be used until it is as safe as sexual reproduction.

Pence dispelled the myth that age of the woman is important in conceiving a child; the age of the eggs she is carrying is truly important. In embryonic cloning, women who have healthy age eggs donate them to this process. Only women who have volunteered and are fully aware of the process take part. Pence hopes that one day these women will be protected and included under the Pro-Choice standpoint.

The next slide was of a baby girl with blonde curls and big blue eyes named Louise Brown. Born in England on July 25, 1978, she was the first baby born in a test-tube. Pence

continued on page 6

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EOE

FEATURES

Everything you always wanted to know about Muslims and the Middle East, but were afraid to ask.

by Keith Hannigan, Gayana Badalayan, Renee Bishop, Yvain Bemba, Nick Lee, Jennifer Clifford, Dan Cooley and Mike Hahn
From the "Islam and Western Media" class.

What is the Middle East?

Comprises countries in 3 different continents -- Europe (Turkey), Asia (Iran, Iraq, Saudi Arabia, Kuwait, Israel, Palestine, Yemen, Qatar etc.) and Africa (Egypt).

Pakistan and Afghanistan are not in the Middle East and are seen as part of South Asia or "the Indian sub-continent."

Who is an Arab?

Arabs are not an ethnic group. They are a linguistic group. Most of them, ethnically are Semites, the same as Jews (the work anti-Semitic, therefore should refer to anti-Arab discrimination too). In skin color they could be white (Jordanians), blacks (Moors in Africa) or brown (Iraqis, Saudis etc.).

How many Arab countries are there?

There are 22 members of the League of Arab States: Somalia, Egypt, Algeria, the Sudan, Morocco, Libya, Chad, Tunisia (all in Africa), Syria, Lebanon, Palestine, Saudi Arabia, Qatar, United Arab Emirates, Bahrain, Jordan (all in Asia) etc.

Are there any non-Arab countries in the Middle East?

There are 3 countries in the Middle East where the majority population does not speak Arabic -- Turkey (speak Turkish), Iran (speak Farsi) and Israel (speak Hebrew).

Who are the Kurds?

There is one large minority non-Arabic speaking minority population in the Middle East. They are the Kurds, concentrated in the northern part of Iraq and southern tip of Turkey. They speak Kurdish and are fighting for independence and a new homeland called Kurdistan. They are a highly oppressed group in both Iraq and Turkey. Saddam Hussein used mustard gas on them in 1986 when he was a US ally. Since then he has left them alone. On the other hand, the Turkish government does not allow anyone to identify her/himself as a Kurd. The Kurdish language is banned and anyone speaking it can be jailed. Turkey is one of US's biggest allies. While America supports the existence of a Kurdistan in Northern Iraq, it does not support an autonomous Kurdish state in the southern part of Turkey, where they have no rights.

Are all oil-rich countries in the Middle East?

The biggest oil-producing countries are part of a consortium called OPEC (Oil and Petroleum Exporting Countries). These countries are all over the world. However the top three oil resources are in the Middle East -- Saudi Arabia, Iraq, and Kuwait. Of these 3, Iraq had the largest amount of untapped oil reserves because of US-led UN sanctions against it (cannot sell the oil as it chooses). Some non-Middle Eastern OPEC countries are Nigeria (in Africa), Venezuela (in South America) and Indonesia (an archipelago in Southeast Asia).

The US has huge amounts of oil in the Alaskan north, most of which remain untapped.

Are all oil-rich countries Muslim or Islamic countries?

No, as is the case with Venezuela. However, many are such as Nigeria, Indonesia and most Middle Eastern countries.

Which country has the largest numbers of Muslims?

India, a country with a Hindu-majority population, has the largest numbers of Muslims. However, they remain a highly oppressed and heavily discriminated religious minority.

Which is the largest Muslim nation?

Indonesia is a large nation with a Muslim majority population.

What are some Muslim countries not in the Middle East?

There are several including Indonesia, Malaysia (both in eastern end of Asia), Pakistan and Afghanistan (in South Asia), Morocco, Senegal, Mali (in West Africa) etc.

Is Iraq a Muslim country?

There is a huge difference between a country with a Muslim-majority population and a nation that calls itself an Islamic nation or Republic. In the case of the former, the population happens to follow religious practices. In the latter, the constitution itself decrees that the people follow certain religious practices.

Iraq has a Muslim-majority population, but is secular. That means all religions are equally respected. Iran is an Islamic theocracy. Its political leaders are guided by religious leaders. Pakistan, led by a military dictator, is an Islamic Republic too. Saudi Arabia, a monarchy, is an Islamic State. Afghanistan, under Taliban control, was an Islamic State.

What are the common elements among Muslims from different countries?

All Muslims: are monotheistic (believe in one God), accept Jesus as the messiah, see Mohammed as a Prophet and not a god, consider all Christian prophets as Muslim prophets and believe they are all children of Abraham (therefore, like Judaism and Christianity, Islam is called an Abrahaminical religion).

All Muslims follow 5 pillars of good living: (a) submission to God (b) giving charity to the needy (c) making a pilgrimage to Mecca and Medinah (both in Saudi Arabia) (d) praying several times a day (e) keeping a fast during Ramadan, the Holy month.

All Muslims follow a lunar calendar, called the Hejirian calendar. Their months are 29-30 days long. The Hejirian calendar is more accurate and does not have to correct itself on leap years.

What are the differences between Muslims from different parts of the world?

There are huge differences among Muslims depending on what traditions they follow, which country they come from and which sect they belong to.
Total number of Muslims: 1 billion
Total number of Muslims in Europe: 10 million
Total number of Muslims in U.S.: 10 million

Three main sects: Sunnis, Shi'is and Sufis. Sufis are mystics and pacifists. Great poetry and literature comes out of this sect (India and former Soviet Union republics).

Aren't there several medieval practices associated with Islam?

Several Muslim-majority nations have some cultural practices that are seen by the West as being associated either with Islam and/or medievalism. Some of them are local customs coming out of animist beliefs, some are practices

Female circumcision -- not an Islamic custom at all, but a tribal custom. Therefore found among Christian and Muslim families of Africa (the Sudan, Somalia, Egypt, Chad). Not found anywhere in any Asian Arab country or anywhere else in the world.

Polygamy -- The Qur'an man may take up to 4 wives, but only if he can treat all of them equally. The Qur'an also says that if he cannot treat them equally, he may not take more than one wives. It goes on to state there is no way that a man can treat four wives equally. Thus, in reality it says men should NOT marry more than once.

Polygamy is outlawed among Ismailis in East Africa, Morocco, Algeria and Turkey. It is extremely uncommon in any Shi'i nation. In Nigeria, polygamy is as prevalent among Christian households as among Muslim households. It seems to be common among a small group of very rich communities in Bahrain, Saudi Arabia and Kuwait. For most Muslims, polygamy is an economic impossibility.

Veiling
a. outlawed in Turkey, Morocco, Tunisia.
b. Mandated in Iran, Afghanistan under Taliban.
c. No generic word for veiling in Arabic, Farsi or Urdu.
d. Could be a simple headscarf in Bangladesh, the saini (a triangular piece covering nose to chin) worn by Bedouins gypsies in several countries in the Middle East, the chador (covers head, neck and shoulders) in Iran, the abayya (covers head, neck, shoulders and whole body) in Saudi Arabia or the burqa (cloak covering the face too, only a mesh cloth enables women to look out) in Afghanistan, Pakistan, India and Bangladesh.
e. Meaning changes from expression of faith, modesty, work clothing, anti-imperialism to anti-Westernization.

Self-flagellation
Only followed by Shi'is of Iran, Pakistan and India. During their holy festival Eid-ul-Bakr, men beat themselves with sticks. This practice is symbolic and comes from the historical episode in Karbala.

What is the Sharia? Don't countries that follow the Sharia also follow medieval practices such as stoning a woman for adultery?

Shar'ia means "law based on the Qur'an." But because the Qur'an is interpreted differently in different parts of the world, Shar'ia too is different. Two countries that have strict Shar'ia laws imposed are Nigeria and Pakistan (a US ally). In Pakistan, the Hudood Ordinance, based on Shar'ia okayed the flogging of any woman who had sex before marriage, even if she was raped. Currently a woman in Nigeria faces death for stoning for getting pregnant out of wedlock. Malaysia is another country where Shar'ia law is followed. But their interpretations use more democratic principles of the Qur'an. Similarly, the stereotype that under Islam the penalty for stealing is cutting off of the robber's arm, is just that, a stereotype. However, the Nigerian Shar'ia courts have introduced some draconian laws for stealing.

Differences Between Sunnis and Shi'i

Sunnis
90% of all Muslims
Most Arab countries
Qur'an to be seen literally
No Sharia law
No restrictions by religious leaders
Caliphate (separation of religion and state)
No central religious figure

Shi'i
10% of all Muslims
Iran, Afghanistan, Pakistan, India
Qur'an to be interpreted
Sharia interpreted and imposed by Imam
Restrictions placed by religio-political
Inamate (no separation of religion and state)
Religious figures wearing dark turbans

Sports

Will Vermont Fish & Wildlife Legislation Affect Your Season?

by Nick Smith

With the uncertainty surrounding Wayne Laroche as the new Vermont Fish & Wildlife commissioner, sportsmen are beginning to feel the anxiety involved with this momentous change. "Can we still count on the same service we have always received form Vermont Fish & Wildlife?" "What will change with the turnover of our leaders?" These concerns only laying the shaky groundwork that the Vermont Fish & Wildlife may be working from with the dilemmas at hand. You can't blame them for the internal upset that has occurred, but you should be aware of the repercussions.

So you naturally ask yourself, "Will it affect me?" The answer: Certainly, Bills regulating everything from all-terrain-vehicle use to the act of discharging a firearm on your own property is on the board's agenda.

Speaking with Representative Bob Helm, a Vermont Fish & Wildlife board member, Representative Helm had little to say regarding these issues. He did state that the board had yet to deal with these issues and none had passed to the legislature. A timely relief for change-hating sportsmen who wonder what is next for our great state.

Now seeing a sky rocketing increase in four-wheeler and snowmobile ownership among college aged students, it will most likely be Bill H177 that will gain much needed attention around this area. This Bill clearly stating many new objectives in keeping riders and property owners safer and more responsible for their riding actions

So, are you happy with what you hear? Does it bother you that these laws may be put in place without your consent? You don't have to take this sitting down. In fact, many law makers welcome public opinion. All it takes is an e-mail or phone call to be clearly heard.

Bill H177 courtesy of the Vermont Legislature. Is it worth fighting?

BILL AS INTRODUCED 2003-2004

H.177

Introduced by Representatives McAllister of Highgate, Gervais of Enosburg, Howrigan of Fairfield, Otterman of Topsham and Parent of St. Albans City.

Referred to Committee on
Date: March 2003

Subject: Motor vehicles; all-terrain vehicles; operation; penalties

Statement of purpose: This bill proposes to:

(1) Limit the definition of an all-terrain vehicle as a motor vehicle to instances where the operator is charged with committing a motor vehicle offense which is related to the consumption of alcoholic beverages or drugs or which is assigned 10 points against a motor vehicle operator's license.

(2) Require the registration application of an all-terrain vehicle by a person under age 18 to include the signature of a parent or guardian who would be subject to any civil penalty or driver license points assessed against the minor registrant.

(3) Require all-terrain vehicle operators on highways and other public property to wear helmets.

(4) Require the written permission of private property owners as a condition for all-terrain vehicles to traverse the property.

(5) Provide for confiscation of an all-terrain vehicle when the owner has committed repeated infractions of either the all-terrain vehicle laws or an applicable motor vehicle provision.

(6) Clarify that municipalities may establish overnight noise level restrictions on the operation of an all-terrain vehicle.

(7) Exempt all-terrain vehicles from the motor vehicle inspection and the safety belt requirements.

(8) Authorize the operation of all-terrain vehicles on unpaved class 3 and class 4 town highways which are so posted.

(9) Clarify that, from November 1 through April 30, all-terrain vehicles may operate on any public highway which is not subject to snow removal.

UVM Marches into the NCAA Tournament

by Tom Casale

courtesy of americaeast.com

Do you believe in miracles? Well, it's time to put on your dancing shoes Vermont. For the first time in their 103 year school history, the University of Vermont Men's Basketball Team is going to the NCAA Tournament.

The Catamounts punched their ticket to the big dance after a thrilling 56-55 victory over Boston University in the America East Conference Championship game. With the victory, UVM received the conference's automatic bid to play in the NCAA Tournament.

The Catamounts drew a #16 seed and will face the #1 seed Arizona Wildcats in the opening round. UVM is led by the America East Player of the Year Taylor Coppenrath. Despite having Coppenrath and his 20.6 points per game, the Catamounts face an uphill challenge. No #16 seed has ever beaten a #1 seed in the NCAA Tournament. Arizona is 25-3 and they have been the top- ranked team in college basketball for most of the regular season.

While it's true that UVM will probably serve as nothing more than cannon-fodder for the mighty Wildcats, all that is irrelevant. For basketball players on a team like UVM, just participating in a sporting event like the NCAA Tournament is a dream come true.

UVM and Arizona will square off in Salt Lake City on Thursday, March 20. By the time you read this article, the Catamounts could already be back in snowy Vermont watching the remainder of the tournament on television. Win or lose, the players on this year's team have already done what no UVM team has done before them. They are playing in the NCAA Tournament. Let the madness begin.

Dr. Gregory Pence, continued from page 4

stopped for a moment and smiled, "It's just a baby," he told the crowd.
Despite the light mood that seemed to have taken over the gym, someone in the back row responded in a disgusted voice with, "no, it's not just a baby." Dr. Pence, not hearing the comment continued to explain that embryonic cloning was under attack. The National Bioethics Advisory posed the position that cloning should be banned. Right now, there is discussion going on on whether to make cloning illegal or not. As the lecture began to wind down, Dr. Pence looked out into the crowd with such intensity that there could be no confusion that he regarded this subject with passion. He ended by saying, "to take this tool off the table would be a tragedy." A few heads began to shake and frowns began to appear after Dr. Pence's last comment. Many students remained unchanged in their opinion on cloning, and a few became so heated they had to leave early.

Castleton Women's Basketball Capture NAC Title

by Devin Mason

For some sports fans, what matters in college basketball will come late in March as the NCAA tournament takes shape. For the Castleton College Spartans however, the clutch games came a month earlier.

On Friday February 20 and Saturday February 21, Castleton hosted the North Atlantic Conference Women's Basketball semifinals and finals bringing the big games to their home fans and finished off a winning season capturing the conference title.

After going 12-1 in their conference in the regular season, the Spartans took on Becker College Tuesday, Feb. 25 in the NAC quarterfinals and dominated them 94-36.

Two days later the final four teams in the conference came to Castleton to try to further their seasons and win the championship. Friday, the Spartans took on Elms College beating them 60-44, while Maine Maritime beat Lasell College 65-46.

The picture was painted for a showdown between Castleton, the number one seed in the tournament, and Maine Maritime, the team that handed them their only conference loss.

Maine Maritime came into the game ready to put up a good fight, leading just over twelve minutes, and then keeping the score close till the end of the first half.

In the second half, Castleton's Beth Ratner scored only four points in the first half then dominated under the basket in the second half scoring 18. Ratner led the team with 22, while three other players scored in the double figures .

Strong defense, good offense, and strong foul shooting, built the lead and resulted in a 16 point win as Castleton captured the conference title 78-62 .

The Spartans held the title, a 14-1 season in their conference, and an overall record of 21-7. While this was a very respectable record, it was not good enough to get them one of the six at-large bids to the NCAA division III tournament or the ECAC tournament.

Though they didn't get a bid to a bigger tournament, the season was still a success as they won the NAC Conference Tournament, had a number of stand-out players and a coach, Tim Barrett, who won the NAC coach of the year award.

Barrett said of the women after their title win, "These kids have gone way beyond where I thought they'd go in the beginning of the year."

WANT TO BE A SPORTS WRITER?

If so, contact The Cairn at cairn@castleton.edu or call us at ext. 6067

Health

Stress Management is Vital to Your Health

by Jessica Dewey

Sometimes, just when you feel like you are catching up with everything that needs to get done, life throws you another stack of challenges. You're finally getting ahead in class when you get sick and miss a week of school. You manage to get up early enough to make it to your appointment on time and your car will not start. And, when you are tangled in a web of crises, doesn't everyone around you seem so relaxed, so...not stressed? The fact is that it is not just you who has stress in your life. Stress plays a role in everyone's life.

By definition, stress is your body's physical, mental and emotional response to any change, whether negative or positive, in your life. Since change happens constantly, stress is unavoidable.

For many, it may even be undesirable to eliminate stress, since mild stress can actually be beneficial. The extra adrenaline stress produces can be used to drive a person to complete a task at hand. When stress is overwhelming or not managed well, however, it begins to have a negative impact on a person's mental, physical and emotional health.

Stress comes in many forms and effects us all. The amount of stress a person undergoes with regard to a specific event or situation, however, is highly unique to the individual. For instance, exam week may stress out a student carrying a light course load more than it does a student with overload credits who also works two jobs.

The degree to which a person is affected by stress depends on multiple factors. These include his or her physical health, the quality of the relationships in his or her life, the support he or she receives from others and the number of changes or stressful events that have occurred recently in his or her life.

SIGNS THAT STRESS IS TAKING A TOLL ON YOUR HEALTH:

- Overeating or under-eating
- Problems sleeping
- Fatigue
- Feeling a need to use food, tobacco, alcohol or other drugs to "escape"
-Friends notice you seem stressed
- Increased procrastination
-Anxiety or confusion with regard to daily activities
- Dizziness of shortness of breath
- Inability to concentrate
- Being unable to get organized
- Nightmares
- Frequent aches and pains or uneasiness in the stomach
- Frequently feeling angry, irritable or annoyed over minor things

People with strong social support systems generally experience less stress, or are at least better equipped to handle stress in their lives than are those without social support. Among the traits of individuals reporting high levels of stress are poor nourishment, inadequate amounts of sleep, and week social and family ties.

Stress that is managed poorly can cause more than frustration and tiredness. According to the American College Health Association, stress plays a major role in fifty percent of all illnesses—everything from the common cold to major diseases. Stress can impact your immune system, nervous system, hormonal functioning and your metabolism.

Stress is also a common contributing factor to depression and anxiety. Stress can be part of a vicious cycle; poor health increases your susceptibility to stress; stress, in turn, can be dangerously detrimental to your health.

You can, however, learn to manage the stress in your life so that it works for you, not against you. Mastering the following skills can help you create a calmer, healthier lifestyle:

1. Do what you want. Do not stay involved in clubs or activities that do not interest you just because you always have or because your friends are involved in them. Your time is valuable; be selective in what you do with it.

2. Don't set your standards too high. Don't try to be perfect and don't expect others to be, either. Do what your can and do what you love.

3. Realize some things you just have to deal with. You don't have the power to control everything and, while it is important to try to change things that seem unfit or violate your principles, some things you just have to let go.

4. Plan ahead. It takes effort and it may seem like a drag, but a little planning now could mean a lot less stress later.

5. Get over it already. There is nothing you can do with the past except learn from it and move forward.

6. Just say "no." Do not feel guilty about saying the word "no"; it can help you avoid stress caused by taking on too much responsibility. Limit the number of commitments you make. You have no obligation (or time) to make everyone happy.

7. Make your health top priority. If you don't take care of yourself, you won't be able to take care of anything else. Get regular sleep and exercise daily. Eat a proper diet in the form of well-balanced meals. If you get sick, take care of yourself first and realize that the other things can wait.

8. Buy a day planner. Keep track of classes, meetings, assignments and other important events. Pencil in study time, too. But remember, it is equally important to allow time for exercise and fun with friends.

9. Write it down. Assume you won't remember the assignment or what time you're supposed to meet your advisor. This writing process will also help prevent you from going to the store and walking around asking yourself what you went there to buy.

10. Breathe. The next time you feel yourself getting agitated, stop yourself and take several slow, deep breaths.

11. Start right now. Feeling stressed? Take five minutes and write down everything you need to do and everything that is stressing you out. Choose one task that seems manageable and take care of it immediately. Doing so will give you an immediate sense of accomplishment and it will motivate you to do more.

12. Spend time with you. Everyday, spend time by yourself, doing whatever it is that you find relaxing, whether it's watching a movie or writing in a journal.

A Vitamin a Day Goes a Long Way, continued from page 2

erhouse that works with the body's enzymes to build DNA, the keeper of our genetic code. It helps ward off aliments including anemia and depression.

Statistics report that women who do not get the 400mg of folic acid daily will have a hard time conceiving with a partner. Often your lifestyle habits, such as smoking, drinking alcohol and taking oral contraceptives, can increase your folic acid needs.

The unavoidable truth is that 95% of Americans will die as a victim of heart/circulatory disease (50%), cancer (33%), and diabetes (12%). This does not even include a host of other diseases like arthritis and multiple sclerosis.

Would you assume that your car is "healthy" just because it is clean and polished on the outside? It might even be running fine today, but if the oil has never been changed, it could be "suddenly" ready for the junkyard tomorrow without any advanced warning.

Everyone needs to do something to better his or her health. We all know it is impossible to get the necessary vitamins everyday by means of food; our lives are too hectic. A multivitamin is a great solution. You are getting the majority of vitamins you should be getting in the foods you eat.

Just by understanding what laboratory research shows us about the importance of vitamins, especially through the facts on disease prevention, we can think there is a great possibility that we are entering a future promising a healthy life.

Do You Need a Multivitamin Supplement?

Have you ever thought that you might need to take a multivitamin supplement? If you are not sure, take this short quiz to help determine if you are a candidate for a supplement...

On most days do you:

1. Eat 6 to 11 servings of grains (breads, cereal, pasta, and rice)? One serving equals 1 slice of bread, _ c. rice or pasta, 1 oz. Dry cereal, _ bagel or English muffin. If your answer is yes, give yourself 3 points. If your answer is no, give yourself 0 points.

2. Eat at least 2 servings of fruit? One serving equals _ c. chopped or canned fruit, _ c. fruit juice, 1 med. Piece of fresh fruit. Yes = 3. No =0.

3. Eat at least 3 servings of vegetables a day? One serving equals _ c. cooked, 1c. raw, leafy vegetables, _ c. vegetable juice. Yes= 3. No= 0.

4. Generally eat the same foods every day? Yes= 0. No= 3.

5. Eat 2 or more servings of dairy foods a day? One serving equals 1 c. milk or yogurt, 1 _ oz. Natural cheese, 2 oz. Processed cheese. Yes= 3. No= 0.

6. Eat 2 to 3 servings of lean meat, poultry, fish, dry beans, eggs, or nuts each day? One serving equals 3 oz. cooked meat, poultry, or fish, 1 egg, _ c. cooked beans, 2 T. peanut butter. Yes= 3. No= 0.

7. Frequently skip meals or miss out on one or more food groups for the entire day? Yes= 0. No= 3.

If you scored:

15 points or more: You know how to make wise food choices and get the variety of foods important for a healthy eating plan.

9-12 points: You could be getting more nutrients by fine-tuning your food choices. Try to add the servings of foods that you are missing.

0-6 points: By making changes you will be able to gradually improve your eating pattern. While food is the best way to obtain vitamins, minerals, and other nutrients, you may benefit from a multivitamin/mineral supplement.

Adapted from the American Dietetic Association. @ 2002 Medical College of Wisconsin. www.healthlink.edu

EVENTS

Seventh Annual Women's Studies Symposium

Feminism for the Post-Viagra Age

March 22, 2003
9-5 p.m.
Herrick Auditorium
Stafford Academic Center

9 a.m. ***Registration and Introduction***

9:30 a.m. ***Re-imagining and Re-imaging the Body***
Chair: Dr. Amanda Mason (formerly with) Green Mountain College

Rebecca Adams "Defining Male and Female: Intersex as a Window to understanding the Cultural Construction of Sex." Middlebury College

E. Clark Sheldon "Trans-feminism." UVM

Rhiannon McKechnie "Transgender Warriors: Stretching the Bounds of Gender Across Cultures and Through Time" Vermont College

11 a.m. ***What's Hot, What's Not: Gender and Popular Culture***
Chair: Jennifer Alberico, CCV

Anne Moore "It's in the Blood: 'Dark Doubles' in Buffy the Vampire Slayer." UVM

Abigail Sweetser "What it Means to be Normal." St. Michael's College

Jena Siegel "What Do You Mean by 'No?' Pornography and the Game of Sex" Middlebury College

12:15-1:30 p.m. ***LUNCH***

1:30 p.m. ***Stand Up and Be Counted!***
Chair: Kathy Warner, Vermont College

Isobel Nimtz "To Be Gay Or To Be Bi: That's the Real Question" CSC

Carrissa Larsen "Women and Power Through the Bible: A Struggle for a Happy Medium" LSC

Hannah Wilson "The Challenge of Solidarity: Feminism and Women's Movements in a Globalizing Society" Marlboro College

3:00-3:15 p.m. ***Coffee Break***

3:15 p.m. ***Nature, Nurturance, Neglect***
Chair: Anne-Marie Dubois, JSC

Dr. Heather Keith "Love your Mother! Natural Caring and Feminist Earth Politics" LSC

Crystal Hitchings "Cooking Lessons" Vermont College

Meghan Hunt "The Effect of Gender and Victim Reputation on Perceptions of Aggression" Norwich

Sherry Classey "Attitudes Toward Marital Rape: Does Sexism and Previous Abuse Matter?" CSC

4:30 p.m. ***AWARD CEREMONY***

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Surreal Life

This week's picture submitted by Billie Pisaniello

Source: lifeisajoke.com

If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu

WHAT CHANGES WILL BE MADE AT CASTLETON? PAGE 4

BASEBALL TEAM IMPROVES WITH COACH SHIPLEY, PAGE 6

The Student Newspaper of Castleton State College - Castleton, Vermont

THE CAIRN

APRIL 10, 2003

-Est. 1960-

Health Experts Caution Against Unnecessary Travel

New Disease Spreading Around World

By Jessica Dewey

Health experts are cautioning potential travelers about the dangers of a new respiratory disease that is taking its toll around the globe. In an advisory issued last week, the World Health Organization (WHO) urged people to "consider postponing all but essential travel" to Hong Kong and Guangdong Province, China.

Medical experts worldwide are baffled by and desperately trying to learn more about SARS (severe acute respiratory syndrome), the new illness that is rapidly spreading around the world. The death toll has risen to at least 89 and thousands more have been infected. A cure has yet to be found.

SARS appears to have originated in Guangdong, of southern China. The first case of the disease was documentsed last November. Since then, SARS has spread to more than 1,100 other people in Guangdong. China has reported 46 deaths from SARS; Guangdong accounts for all but six of them. SARS has hit Hong Kong almost equally as hard. Hong Kong has reported 708 cases; that number accounts for almost a third of the total worldwide.

continued on page 3

Peter Parks / AFP

Nurse Deb Staying Despite Rumors

by Corinne Casella

Deb Choma, R.N. has had a key role in continuing student's health over the last decade and will continue to do so despite rumors of her leaving.

"Castleton is a healthy community and I strive to keep it that way," said Choma, Director of Health Services.

After being a health educator at Castleton for 10 years full time and two years part time, she was ready for a change. After her leaving for a brief time, the Health Services Director position was created, for which she readily applied. Choma's new position entails offering health care to all students, faculty, and staff, creating educational programs, and overseeing the general health of the campus.

Choma's return has brought a collective sigh of relief from both students and faculty. "It would be hard to imagine freshman year without 'Sex with Deb," said Jenn Gessner, a Castleton junior, referring to the open sex discussions Choma leads each year.

At one time Choma's talks were not received as well as they are today. Choma initially faced opposition from an administration that felt there was not a need for her blunt discussions on campus. Despite the preliminary lack of support from the higher- ups, faculty saw the benefits and began to invite her into their classrooms. Her openness and honesty soon caught on and today she enjoys full support from the majority of the campus community.

Choma's main advice to students is to "listen to what your bodies are telling you and don't abuse them. And don't wait so long to come in [to the Wellness Center] with a problem."

As Choma sees it, the greatest health related difficulty that students face is a lack of personal health education. Despite this, Choma feels that "Castleton is a great community full of wonderful and creative students who are eager to learn."

WEATHER FORECAST

Today, April 10

Mostly Sunny
High 46 F, low 31 F

Friday- partly cloudy, high 51 F, low 35 F
Saturday- AM clouds/PM sun, high 42 F, low 28 F
Sunday- partly cloudy, high 50 F, low 33 F

Source: Weather Channel

'Nothing has more strength than dire necessity.'

- Euripides

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Castleton Hosts Women's Symposium

by Scott Lanphear

Is gender determined by one's biological sex? Does Barbie create an impossible image for women to achieve? At the Seventh Annual Women's Studies Symposium on Saturday March 22 at Castleton State College, students and faculty from colleges across the state discussed many issues about such topics as feminism, gender, sexuality, and the environment.

Students and one faculty member from 11 Vermont colleges and universities presented papers they had written on topics including the effects of pornography on women, the distinctions of gender across cultures, and the way the portrayal of women in the Bible.

The program consisted of four different panels, each of which consisted of three or four students and, in one case, a faculty member. Each presenter had about 15 minutes to read her paper and after each panel had presented, people in the audience asked questions of the presenters.

One panel focused on how society defines sex and gender. Rebecca Adams of Middlebury College talked about how children born inter-sexed (that is, they have both male and female genitalia) are often forced to choose one gender. She made a distinction between sex and gender, sex defined as how one is biologically born and gender defined by society. She said that doctors often try to change inter-sexed children to be one sex or the other by "fixing" their genitals.

In a similar paper, Rhiannon McKechnie of Vermont College talked about various cultures in which the boundaries of gender are not as rigidly defined as they are in modern North American culture. In these cultures, some women behave like men, and some men behave like women. She noted how one native North American culture, the Mohave, have four different genders in its society- men, women, alyhas (men who behave like women) and hwames (women who behave like men). She concluded her piece by stating that in North America, "we are expected to conform to a rigid dichotomy of man and woman, male and female, masculine and feminine. Although the boundaries between them continue to become increasingly blurred, we are far from transcending their confines." In a panel focusing on gender in popular culture, Abigail Sweetser of St. Michael's College discussed how the corporate media dictate the ideal body image for women. She specifically noted how the popular Barbie doll shows girls from a young age how they are supposed to look as adults: tall, skinny, blond, white, and big-breasted. She noted that many women undergo cosmetic surgery and/or develop eating disorders to achieve this impossible image.

The purpose of the Women's Studies Symposium, according to Sanjukta Ghosh, coordinator of the Women's Studies program at Castleton, is to "showcase the work of our students and faculty, but also promote scholarship in the field so that by listening to these ideas, other students will be inspired to ...do their own scholarship."

Ghosh said that the Women Studies program in charge of the event called up colleges to receive papers from students. A panel of four anonymous judges chose which papers were good enough to make it into the Symposium. She said that this was the first year that colleges all over Vermont have participated in the Symposium. In previous years only two colleges participated.

Stacie Yenter, a Castleton student who attended the event, said, "One of the strengths of this event is that it includes a wide variety of subjects on varying levels of difficulty."

Castleton President David Wolk enjoyed the symposium. "I hope that the Symposium will expand and Castleton will always be its home in future years," Wolk said.

Editorials

When War Hits Home

On February 6th of this year, Maureen and Aaron Eames were married. Eight days later, on Valentine's Day, Aaron left for Fort Drum in upstate New York where he reported for military training. As war broke out in Iraq, Aaron was sent to Kuwait while his new wife attends college in Vermont and waits for the day when the two of them are reunited.

Maureen, or Moe as she likes to be called, is a sophomore at Castleton. She met her husband, Aaron, over the internet two year ago. "We were both dating people at the time but neither of us was happy with the relationships we were in, so we started talking to each other online," Moe said. "When we first met, I didn't know Aaron was in the military. We got together just before the tragedy of 9/11 and that is when I first found out because he was put on alert."

The idea to get married before Aaron left for Fort Drum was a mutual decision according to Moe. "We had talked about it for months. We were going to get married in September but when war with Iraq became inevitable, we decided to get married before Aaron left."

Many times war can tear families apart. While the war with Iraq has done nothing but bring Aaron and Moe closer together, Moe herself has split feelings on the war. "I don't agree with the war in Iraq," she admits. Moe goes on to say, "I think President Bush has ulterior motives. I believe this war is about oil and revenge for his father's past failures. I am not saying that Saddam isn't an evil person but I don't see the need to put so many lives in danger."

Moe's personal feelings on the war with Iraq have not derailed her support for her husband. "Aaron is just doing what he has to do," she said. "If he wasn't in the Army he would probably be against the war but being over there, you can't think that way. He has to keep his morale up. I admire him for what he is doing."

According to Moe, when Aaron joined the Army he never thought he would be called into military action. "Aaron joined the Army thinking he would never have to fight. Like so many other college students, Aaron figured that joining the Army would be a good way to help pay back college loans. Unfortunately, things did not turn out the way we were hoping they would."

While Moe is personally against the war and she believes in freedom of speech, she says there is a line that needs to be drawn. "I don't support turning your back on the American Flag or protests that turn violent. It bums out the soldiers when they see things like that going on over here. Freedom of speech is a great thing but now that the war is going on, it is time to support our troops and pray for their safe return."

For any newlyweds, being apart from each other is difficult. For Moe and Aaron, it is even harder because of the circumstances. Moe spends her time keeping busy so she doesn't go crazy constantly thinking about Aaron. She started a club at Castleton called Students Against Rape and Sexual Assault (SARSA). The club helps to educate the Castleton community on rape and sexual assault, while lending a helping hand to victims of sex related crimes. Besides attending college and running a club, Moe also works full-time. "That takes up most of my time so I am not thinking about it," she said.

Moe and Aaron keep in touch but they don't get to talk to each other as much as they would like. "We talk on the phone and he e-mails me when he gets a chance," Moe said. "It's hard because he doesn't have a lot of free time."

When President Bush appeared on television to inform the country that war had officially been declared on Iraq, Moe had many different feelings running through her. "In a way I was relieved that I finally knew what was going on but I was also scared. Not just scared for Aaron but for all the soldiers that were going over to fight. I really sympathize with all the other families who are sending loved ones over to Iraq."

Since there is considerable media coverage of this war, one of the controversies is Americans seeing their loved ones on television as Prisoner's of War (POW's). Moe says she tries not to think about those kinds of things. "It scares me but that is the reality of war. I am not going to worry about it unless it comes up. Hopefully it won't be a problem because Aaron is an engineer, but you never know what will happen."

All over the world people have an opinion about the war with Iraq. Some people believe that the war is necessary while others believe it's an illegal war that is putting innocent lives in danger. While everyone has an opinion, not everyone has a direct tie to the war. For those people like Maureen Eames, who have someone they love thousands of miles away fighting for their country, the war hits closer to home. For them, it's not about who's right and who's wrong. It's about getting the opportunity to see the person you love again as soon as possible. Maureen and Aaron Eames decided to share their love with each other in the face of war. Now, all they want is to see each other again and resume their lives. Together.

-Tom Casale-

Dear Editor:

I am told to "Support our Troops" now that war has begun. I say, it all depends on what you mean. I want our troops out of harm's way. I support them in their right to choose the military, their feeling that they are doing their patriotic duty , and in their thinking that they are doing good. But I don't support them for what, at the president's orders, they are doing in Iraq. I oppose their hostile entering of a country without international support. I don't support them in their killing of Iraqis, both soldiers and innocent civilians. And I oppose them in their inevitable destroying of at least some infrastructure and resources that will lead to miseries in the future. Please don't look at me strangely if I can't unqualifiedly agree that " But , of course, all citizens can and should support our troops."

Neil Wollman, Senior Fellow, Peace Studies Institute; Professor of Psychology; Manchester College, N. Manchester, IN 46962; 260-982-5346; fax 260-982-5043; njw@manchester.edu

Do you have something to say to the editors or The Cairn? Send questions of comments to cairn@castleton.edu

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News

lew Disease, continued from front

SARS appears to have lead to 89 eaths in 18 countries, according to data eleased by WHO on April 5, 2003. Since pril 4, 2003, 63 new cases had been eported. Of those, one case was reported the United Kingdom, five cases were llied in Canada and the United States eported 15 new cases of SARS.

It is not clear to scientists at this oint what causes SARS, how it is trans-nitted, how it can be prevented, or most roblematically, how it can be treated. he symptoms most often noted are high ever, body aches, dry cough and breath-ng difficulties. In some places, hospital workers are at increased risk for contracting SARS. In Singapore and Hanoi, infected healthcare workers constitute approximately 50 percent of the total number of documented cases.

In much the same way as WHO, the U.S. Centers for Disease Control and Prevention advises travelers to avoid unnecessary travel to "anywhere in mainland China, Hong Kong, Singapore or Hanoi, Vietnam." Experts say they believe these measures will help prevent the further spread of SARS.

Campus Thefts on the Rise

by Lindsay Hale

Since the start of the 2002-2003 chool year, 23 cars have been burglarized n campus. Of those cars from which ems were taken, 16 showed no signs of orced entry. Eleven victims admit that heir cars may have been unlocked. In one ight six stereos were stolen from cars arked in the Ellis parking lot; all of the reak-ins on this night involved some type f forced entry.

The articles most often stolen from ehicles are CDs, stereos and cigarettes, ut wallets and diabetic needles have been aken as well. In the Ellis parking lot inci-ent, registration papers and vehicle insur-nce cards were also removed.

Jim Fuller, Director of Public afety, said that in order to conduct a takeout they would need "data suggesting ime of day, a location, and a particular lay or days these burglaries were taking lace." Fuller continued to say, "We are ot planning a stakeout at this time. We have not had a theft from a vehicle since March 20. I'm thinking that our present approach is working."

While the culprits could be any age, Fuller mentioned that by the nature of the objects stolen they are most likely junior high or high school age. Fuller said that he has checked with some of the colleges in the area like Green Mountain and UVM to see whether they have seen a rise in car burglaries, but both said no.

Public Safety is doing what they can to make sure that break-ins like these are avoided. One thing that Public Safety is doing is increasing the amount of patrol in the parking lots, at all times of the day. Public safety suggests students do the following to protect themselves:Make sure your car doors are locked and everything is secure. If you see people loitering in the parking lots and snooping around your car and others, report it to Public Safety.

Dating Technology

by Renee Bishop

The popularity of online dating is increasing rapidly around the world and among all age groups according to safety specialists. There are so many people who are living very busy lives that many cannot find the time to go out to meet people. The Internet has become one of the world's largest dating services, allowing its users to search among thousands of profiles to find someone they connect with.

As online dating increases, so do the dangers that occur along with it. Many people do take the necessary precautions. Trust and honesty become questionable with dating online. "I don't think everyone is flat out lying, but definitely misrepresenting the truth a little bit," said sophomore Mary Powers. "People can make up whatever they want."

No one can know for sure if the person they are talking with online is who they say they are or live where they say. Age and weight are known to be the most common lie among those who post personals online.

The Internet has become a popular place for people to socialize and it helps those who have trouble in crowds and are shy around new people, by giving them a place to open up and be themselves. "I think the Internet is an innovative way to meet people. Many normal people successfully meet and hook up everyday online," said senior Dana Tambeau. "It takes away from the guesswork of figuring someone out while in the bar," Tambeau added.

Online dating services such as Match.com or Date.com get new members everyday, giving more people more options. Still, there are those who will never turn to the Internet to meet other people. "I would never date someone from the Internet because I know of so many women who have been killed or raped when they met face to face with the person. I need more trust then just words," said senior Kelly Backus.

"I feel it's a pathetic way to meet people because there is no trust or honesty through a keyboard," said Powers, "someone's personality can not show through a screen." The most widespread advice for this new dating technology is for all its users to be suspicious of everyone they talk to at first because trust has to be earned.

Precautions can be taken to protect ones security. The Police Notebook, a public safety organization, advises those dating online to keep some degree of anonymity. They should not give out full names, phone numbers or addresses. For ones owns safety they should be honest, lying and exaggerating could create conflicts. The Police Notebook stresses the importance of meeting in a public place and bringing a friend on the first real encounter.

I Choose Not to Run Anymore

By Karis Decato

One in four women is likely to be abused by a husband or boyfriend at some point in her lifetime. There is nothing special about those women. They are just like you and me, I know, because I was one of them.

I met Prince Charming in 1998, or at least at the time he seemed to be Prince Charming. I know now that he wasn't, but I was in a vulnerable position, and he said and did the right things at the time.

Within weeks of meeting, he was moving himself into my apartment. Within months, we were engaged and I was pregnant. Things were moving fast, and my tail was in a spin. Knowing what I do now, I see that he was a typical abuser. He followed the patterns. At first, the abuse was subtle. Degrading me in front of my children, criticizing everything I did, only stating things in ways so I'd feel it was "constructive criticism." I was your typical people pleaser. I constantly tried to appease him. Everything that was done was done for him. Even sex was his way, to the point where it became rape and sodomy.

By the time he first hit me, it just didn't occur to me to leave. Just as he blamed me for everything that went wrong, I in turn blamed myself. I accepted all responsibility for what he did to me. I covered my wounds and minimized them as best as I could. Each time, he would come to me afterwards with gifts of flowers and chocolates, crying and begging my forgiveness. Each time, I forgave him, telling him it wasn't his fault and that I had provoked him. I knew somewhere logically in my head that it wasn't my fault, however, my fear of being alone with three children overcame my fear of staying with him.

I stayed and put up with the abuse for four years, until August 22, 2001. On that day, I decided that I could not put up with it anymore. While the object of my fear lay sleeping, I tried to sneak out of the house with my son. It didn't work: he woke up. I did get away from him that day, barely alive. I left on an ambulance with three stab wounds in my side, which he had given me while I held my son.

That should be the end of my story, but it isn't. Since that time, he spent some time in jail, and some time on probation. He has followed me around the country, finding me each time I moved to get away and hide. When I arrived here in Vermont, I decided I'd had enough running. I settled down in my own apartment, and decided it was time for me to do something with my life. So I applied to Castleton State College and was accepted. In the time that I have been at CSC, this

continued on page 5

Anti-War Play Seen at Castleton

by Amanda McIntyre

Lysistrata, a Greek anti-war comedy, premiered at Castleton March 20 through March 24 to a packed audience. This sexuality-driven play was well received by students at Castleton.

Lysistrata was written by Aristophanes nearly 2400 years ago, but has meaning that has carried over the years. It is about women from Athens and Sparta who get together to form a plan on how to stop the war that their husbands have been fighting. They decide to withhold sex from their husbands until the men cave in and sign a peace treaty.

Castleton junior Courtney Buda played Lysistrata, the ringleader of the women in their efforts for peace.

Billie Pisaniello, a CSC junior who attended the play said, "It was an interesting idea and the dialogue was clever. I like Aristophanes."

Pisaniello did not think the anti-war message had a large effect on the Castleton students, however. "I don't really think the majority of the students would connect [the play] with war because it was a comedy. They would be too focused on the visual phallic jokes."

Lysistrata had many sexual topics and attire. The women were dressed in see-through gowns and the men wore diaper-like underwear; some adorned with two-foot erections. The Reconciliation, a character in the play, appeared in a halter bra top and golden thong.

Pisaniello did not think the sexual matter was inappropriate. she said, "That was the way the play was originally and if [CSC] hadn't intended to make it sexual [they] wouldn't have put on Lysistrata."

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Features

Sorority Life

by Jessica Bass

When you ask about the Greek life on Castleton's campus, depending on whom you ask, it seems you will get either a harsh negative response or a sarcastic, "What Greek life?"

Although no sororities or fraternities are recognized by the Vermont State College System, many of them do exist. Castleton is believed to have at least four sororities and two fraternities.

Represented by its snowflake symbol, Zeta Omega is a new sorority to Castleton's small Greek life. Its members are proud to promote academics, leadership, and service to the community. Former Kappa sisters formed Zeta Omega as a brand new chapter because of an incident where many of the sisters felt unsafe in relation to a fraternity at Castleton.

Zeta Omega has participated in many community service projects such as working with the Dismas House, the can tab project with Castleton Elementary for the Shriners Hospitals, helping with the Alternative Spring Break Program, Adopt a Highway, and helping with the Women's Issues Group with "Take Back the Night."

According to Alyssa Mease, President of Zeta Omega, and a member of the handful of academic Greek chapters Castleton does recognize, the new sorority is something for girls to be proud of and not something to be looked down upon. Mease also made it a point to state there is absolutely no hazing involved and the sorority is not into humiliating people.

Maggie McCarthy, a Zeta Omega sister, also mentioned that the sisters never force anyone to consume alcohol or do anything they do not want to. Most importantly there is no competition with other sororities and fraternities. Every woman is welcome.

The sorority Sigma Delta Sigma is perhaps slightly better known throughout Castleton since its birth in the area was in 1998. Currently, with about twelve active members and thirty to forty non-active or alumni sisters, Sigma Delta Sigma prides itself on its community service and forever bonding sisterhood within the sorority. Run almost identical to other nationally recognized sororities, positions within the sorority are filled with new elections every spring. Meetings and discussions become a way of life.

Rushing and pledging also plays a major role in sorority life. Pledging usually lasts about three weeks into the semester while the rushing process lasts about two full months. Sigma Delta Sigma is quite excited over their two new pledges this spring semester, Brandie Jones and Michelle Morrison. Zeta Omega is equally excited over their four new pledges to their sorority.

When asked why she had chosen to pledge Sigma Delta Sigma her freshman year, Rebecca Becker stated there are a number of reasons but especially because of her first year social life wanting to "close the bond."

Sigma Delta Sigma has also reached out into the local community. They have worked with the Dismas House, participated in Green Up Day every year. They are helping with the Alternative Spring Break Program, the Crop Walk, food and clothing drives, and "America Reads." The sisters have also helped with the Octoberfest on campus at Castleton, sold carnations to help families of 9/11 victims, and have hopes of working with the Community Service Club.

Proud to be represented by the sunflower, most of the Sigma Delta Sigma sisters excel academically and reach out individually. Rebecca Becker will be participating in this year's Alternative Spring Break program. Sarah Czesarski is MVP of Castleton's field hockey team, Kristy Malone a social work major is an active intern at Park Street School, and Katie Halverson, a graduating sister, has been accepted in to the nursing program at Duke University for this upcoming fall semester.

Both sororities had similar ideas of what it means to be a sister. Mease said a sister in Zeta Omega will be there for you no matter what and will support you in what ever you choose to do. Czesarski said she feels there is strong sense of sisterhood and feeling of security that comes along with being a Sigma Delta Sigma sister that last a lifetime and that all of her sisters will be in her wedding someday.

The Vermont State College system does have the ultimate say if these and so many other sororities will ever be recognized. Zeta Omega and Sigma Delta Sigma wish to be recognized in the future because they say it is hard to get the message out about all the positive things the sororities do when everyone focuses on all the negatives.

"Zeta Omega does many good things, and it is okay to join. People look down on Greek life as a whole but we don't fit the stereotype," McCarthy said.

Similarly Lauren Pauley, another sister stated that Sigma Delta Sigma is about getting involved in the school and focuses on bringing out individuals. Since they are not recognized by the school system they must bond even closer as sisters to support each other.

President Wolk Makes Changes to Castleton

by Amanda McIntyre

When President David Wolk gave his inaugural speech he said, "We will have a master plan. We will raise money. We will serve Vermont. We will invest in our faculty and in academic quality improvements. We will attract very good students who we can help to become very good citizens. We will enhance student activities and programs, including the arts as well as athletics. We will continue to beautify the campus. We will improve our buildings and facilities. We will support our students, our faculty, and all of our employees."

It has been a year now since Wolk began to serve as Castleton's president. Has he begun to make these promises come true?

President Wolk has had quite a journey on his way to becoming Castleton's president, making him fully qualified. Two years prior to Castleton he was Vermont's commissioner of education, responsible for all K-12 education and was based in Montpelier. He was also on the governor's cabinet. He has been the Superintendent of schools in Rutland, the Principal of Rutland High School, and he served for four years in the Vermont Senate.

However, President Wolk is happy at Castleton. "What I like best about Castleton is the students, faculty and staff. I like the sort of extended family environment we have here," said Wolk.

Now that President Wolk is at Castleton, he plans on changing things around, and fast. "The college has never had a master plan. The college has never taken a hold of its past and present to plan for the future and that is what we are going to do," Wolk said.

President Wolk is changing the quality of life for Castleton students, both in academics and student activities. Some of the activities that he has already added exist in the sports program. Women's field hockey, men's ice hockey, women's ice hockey, skiing, and snowboarding hadn't been available to Castleton students until now.

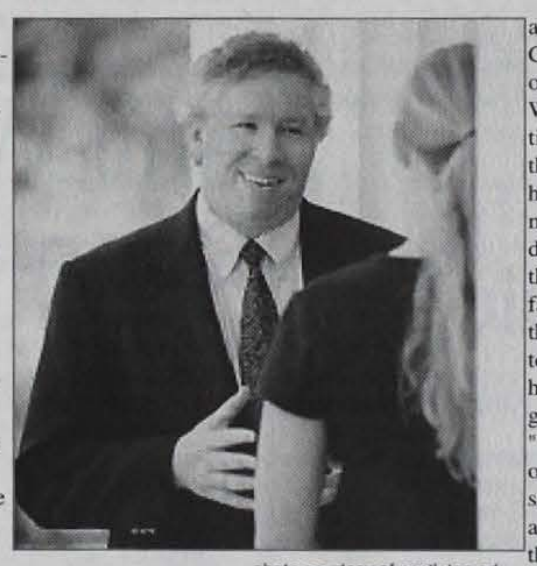

photo courtesy of castleton.edu

Castleton State College's popularity is on the rise. More and more prospective students apply to Castleton each semester. Castleton admitted more students this year than it had in 20 years and the number of applications received this year was up 20 percent. This increase has made Castleton more selective than in previous years and the admissions process has had a lot to do with this. Castleton has been advertising on cable networks such as MTV, Comedy Central and ESPN2. There have been more events on campus for prospective students to help them get a better understanding of what Castleton has to offer. The media coverage has been very good for Castleton, too, and because of all these things Castleton denied twice as many students this year than it did last year, which was the previous record.

"Because the college is becoming so popular we have a housing shortage and as a result of the growing popularity of the college there are a number of things we are going to do," Wolk said. This housing shortage is resulting in the building of a new residence hall that will most likely be located near the gymnasium. This residence hall will likely have a fitness center in it. Wolk thinks this will be the quickest way of getting the new fitness center that the college needs.

Improving the physical appearance of Castleton is also one of President Wolk's priorities. Already the new coffeehouse has been made and is designed to help the students and faculty to get the opportunity to interact and have a place to go to at night. "We sort of see ourselves as a small family and I hope that that is improving," Wolk said.

This spring, summer and fall there will be open community forums. The forums will be a place where students, faculty, staff and community members can come ask questions and get answers.

One thing that is being decided now is how large this college will be permitted to get. President Wolk is often heard saying that Castleton is a "small college with a big heart." If Castleton is going to stay small, a limit on the number of students allowed to enroll may occur; maybe not more than 2000 will be permitted. Wolk is hoping to have a campus discussion about these issues to hear everyone's input.

President Wolk is also trying to make student services less complicated for students. Already there have been renovations in Woodruff Hall. The student service offices have been moved to one general area, making things simpler. The Calvin Coolidge library has also been through $100,000 worth of renovations. Leavenworth has had improvements as well.

One change he has made is the amount of money allotted to teachers for supplies. It used to be $60,000 a year, but Wolk quintupled it to $300,000 a year for all teachers. The improvement of the academics at Castleton is top priority for Wolk.

The Fine Arts Center is also on President Wolk's list of improvements. He plans on putting in new seating and improving the gallery.

All this has been done even with the financial problems that President Wolk inherited from Castleton's previous years. "At the end of this year we will have retired all those debts we inherited so we can now move ahead," Wolk said.

Many students have voiced their concerns about the tuition of Castleton possibly going up. "The tuition is New York is going up 41 percent and in Massachusetts it has almost doubled," said Wolk. "California has already gone up 100 percent. I would guess that the tuition here will go up in the range of five to five and a half percent." One of the ways Castleton is trying to keep tuition down is by fund raising. Only 18 percent of Castleton's budget comes from state. The other 82 percent is from student tuition and donations.

Some of President Wolk's big dreams for Castleton may also be some of the students' dreams as well. He would like to be able to raise enough money so that any student who wants to come to Castleton, but may not have the means to pay for it, can get a scholarship and learn at Castleton.

President Wolk has one big vision for Castleton that "any Vermonter, for that matter, any student out of state, who is thinking of going to college in Vermont will think of Castleton first."

The question "Has President Wolk begun to make his inaugural promises come true?" is an easy question to answer. Yes.

Features

Choose Not to Run Anymore, continued from page 2

man has kidnapped my child and left the state, only to be caught. On January 1, 2003, he held my son and myself hostage in our own home after the probation office decided he was not a danger any longer and allowed him unsupervised visits. When I was finally able to call the police, he could be heard yelling in the background that I was crazy. Then he told me that I would be dead and he would be gone with our son before anyone found me. He left the house, and left the state.

I got a restraining order against him, which he consistently violated. Nothing could be done because he was out of state. He returned to Rutland on Sunday March 23, 2003. I saw him several times walking around town, and I waited, knowing eventually he would do something.

On the morning of March 26, 2003, while driving to school, I stopped at a red light in down town Rutland. The trunk of my car popped open; I looked around and saw nothing. I had cleaned out the car the day before and thought that perhaps I had not shut it tightly. I got to school and went to two of my classes, then received a message that an officer from the city police was trying to contact me. I called him. He told me that "Mr. X" was seen jumping out of my trunk that morning, and wanted me to fill out a statement.

So, again, it is not over.

Currently, he is serving 30 days in jail for jumping out of my trunk and breaking the restraining order. This technically means he will probably be out of jail in about 15 days. That's 15 days to breathe easier before I have to start looking over my shoulder again.

Am I angry? YES! That is why I share my story. I am making the choice not to spend the rest of my life running from him. I will not hide anymore. If you are being abused you don't have to hide either. There is help out there. If you need help, contact Deb Choma, Public Safety, or the Rutland County Women's Network 775-3232.

What Goes Around Comes Around

by Rebecca Becker

At the foothills of the Himalayas, Buddha once said, "To understand your previous actions look at your present life; to understand your future life look at your present actions."

Buddha was referring to a theory of evolution called Karma. The theory of Karma centers around the notion that one's good fortune takes place as the direct outcome of one's good actions in the past, and one's misfortunes from one's bad actions. Every act produces a result or fruit; a good deed produces a good fruit; an evil deed, an evil fruit. Karma is a key element in the Buddhist religion and other Indian religions.

Karma was one of the few Indian ideas that Buddha decided to include in his teachings. According to historical surveys, Buddha did not accept many ideas in Indian religions at the time. Not only did he not accept ideas of the Indian religions, he did not accept his own royal lifestyle.

During the fifth and sixth centuries B.C., the Indian prince Gautama Sakyamuni, founded Buddhism after becoming disenchanted with his life of luxury and pleasures. The prince left his family and set off into the jungles of India until he was able to obtain absolute enlightenment.

Gautama wandered through the jungles for years trying to understand the nature of life and death and to find a way out of suffering so he could teach it to others. Six years had gone by when Gautama finally reached absolute enlightenment while sitting under a giant fig tree in the town of Bodhgaya. He sat down in the late afternoon, saying, "Here I will sit and will not move from this spot until my work is done; until I have awakened to the perfect enlightenment; until all is clear and calm and the way is certain."

According to the legend, the earth quaked gently and the wind sighed. All beings throughout the planet felt a stirring of anticipation, a shiver of joy.

When Buddha finally achieved divine enlightenment he was able to preach what he had discovered, and established Buddhism.

In his first sermon, he presented four noble truths:

- Life is suffering.
- This suffering has a cause, which is craving for existence and sensual pleasures.
- This suffering can be suppressed.
- The way to suppress suffering is the practice of the noble eightfold path, which consists of right views, right intentions, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.

"Do not commit any evil, do good, and purify one's own mind. Any act that is harmful to oneself or to another is evil. When you wish to perform an action, consider whether it is going to be harmful to others, harmful to yourself, harmful to yourself and others; if it is, do not perform it, for it is an evil action whose fruit will be suffering," said Buddha.

According to the doctrine of Karma, those who perform only good deeds and acts in their lives may not acquire immediate fruitful lives. While there are cruel and evil people who arrive at good fortune. Consider a drug dealer. A drug dealer can make a considerable amount of money, which may enable him or her to have a luxurious lifestyle. This is because, according to the doctrine of Karma, the good or bad karma has not yet manifested. That drug dealer may have a luxurious life, but it is not permanent. He or she can expect a mishap(s) to occur down the road. This also applies to a person who performs good deeds in life. That person can expect good karma eventually. A good deed made years ago may have prevented a car accident, disease, or tragic death from occurring years later.

Buddhism is not just a religion; it is an understanding of human nature. A person does not need to be a Buddhist to practice Buddhist concepts. "A religion is based on a belief system that mandates a certain pattern of ritual actions, social structures, and ethical norms. Buddha taught the need for freedom from the belief systems in order to develop the power of critical wisdom," said author of Inner Revolution, Robert Thurman.

The theory of karma is quite logical. "Each of us is rooted in all things, and all things are rooted in each of us," said Thurman.

A Buddhist poet by the name of Shantideva once wrote, "By the virtue amassed by all that I have done, May the pain of every being be completely healed. May I be doctor and medicine, and may I be nurse for all the sick beings in the world, 'til all are well...and so will I, too, progressively perform these deeds."

Planning to Graduate? You Better Check the Book!

by Christy Howe

Imagine for a moment: you are less than two month away from receiving your Bachelor's Degree from Castleton State College. Not only are you excited and eager to dive into future prospects, but your family and fellow students seem to be equally excited as they plan for their own graduation parties, future jobs or grad schools. Imagine, however, all this brought to a halt, when your advisor informs you that your plans to graduate this May will be delayed. You never declared a minor in addition to your major.

Disbelieving, you rewind in your mind all the graduation requirements you knew about that were focused on throughout the years. You realize the requirement of a minor was never discussed. You had no idea.

This scenario is reality for several Castleton students who suffered from not realizing they needed a minor to graduate. A Castleton senior, who wishes to remain anonymous, went through a similar experience. "I just didn't know what to do. I majored in History for four years straight. I was planning to get a job at a school in Wyoming over the summer. When I was told I needed a minor in order to graduate, I was devastated. I could not take the job because I needed a degree to work there. I was never told before."

According to Castleton's standards, a minor is a graduation requirement for a number of majors, which include Communication and History. Contrary to popular belief, a minor is not the same as a concentration, but is outlined in the Castleton undergraduate catalog as a "grouping of courses making a secondary field of study offered by a department." It goes on to say that in order for one to obtain a minor, the student must complete the minor's required course work, totalling 18 to 24 credits, as defined by the department. To do this, students declare their intention to pursue a minor by filling out a DUAP form with the Registrar's Office. A student at Castleton can choose from 34 minors that range from Art History to Biology, all of which are listed in the undergraduate catalog.

Not everyone feels that students are uninformed about the need for a minor. "Having a minor should not be a surprise to Castleton students," chuckled Lori Patten, an employee in the Registrar's office. "It's unfortunate for those who are unaware for the need to have a minor, but nothing can really be sprung on a student. Everything you need to know is in the Castleton catalog. It is the student's responsibility to read the catalog."

Bob Gershon, head of the Communication department, not only agrees with Patten in regard to each student's responsibility to find out what is required to graduate, but he stresses the importance of a minor. "Minors are very important for Castleton students. For example, the Communication major demands a minor. This is due to the fact that the Communication department was sick of students having nothing to communicate. It is each student's responsibility to read the course catalog. If a student reads it, he or she will see if a minor is required for their major or not."

In our current economy, a college education in the United States costs around $20,000 per year. Many students value this opportunity to better their minds and expand their options within the work force. It doesn't matter if you feel it's your responsibility to research these requirements or not, but there is one undeniable truth. Your success in college is completely up to you. This truth forces students to take it upon themselves to succeed. Patten explained, "college is different than high school. It would be nice if someone was always there to tell you what to do. This is not reality. No one cares more about you getting a degree than yourself."

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Sports

Baseball Team Improves Under Coach Shipley

by Dale Schaafsma

Castleton's men's baseball team qualified for and participated in their first Eastern College Athletic Conference (ECAC) Tournament last season. Although they lost the opening game to Babson College, the score was close until the late stages.

With the game tied three to three in the seventh inning, Castleton, a fundamentally sound team, committed costly errors and lost nine to three. "We made too many errors to overcome their talent," said coach Ted Shipley.

In 2000, one season before Shipley became the head coach, the team's record was 6-16. The last two seasons, Castleton earned records of 13-16 and 24-16.

The reasons for the improvement? We "work a lot on fundamentals," said Shipley, referring to throwing, fielding and hitting. Shipley also increased the difficulty of the schedule.

Last season, on April 26, Chris Adams threw a no-hitter in the second game double header against New England College. "Chris is a good pitcher and he had his best stuff that day," said Shipley. He also said that the team played excellent defense in that game.

The first seven games were postponed this season. Locations such as Cape Cod experienced a late winter, Shipley said, and the fields were not playable. Next season the team is going to play their first game in Florida, if possible, according to Shipley.

Shipley expects his team to be very competitive this season. He would like to reach the NCAA's or the ECAC's.

Captains Travis Bingham, Jason Goguen and Luke Goyette, who were crucial to the team's success last season, have graduated. "They were very important," said Shipley because you "have to have captains that lead by example." The two captains for this season are Mike Howe and Jason Harrington.

This past summer, Shipley tried to go to at least one baseball game a day to recruit players. He recruited players "that have respect for the game and a good work ethic," said Shipley.

Castleton's first home game, a double header against St. Michael's College, is scheduled for April 19th at 1:00 p.m.

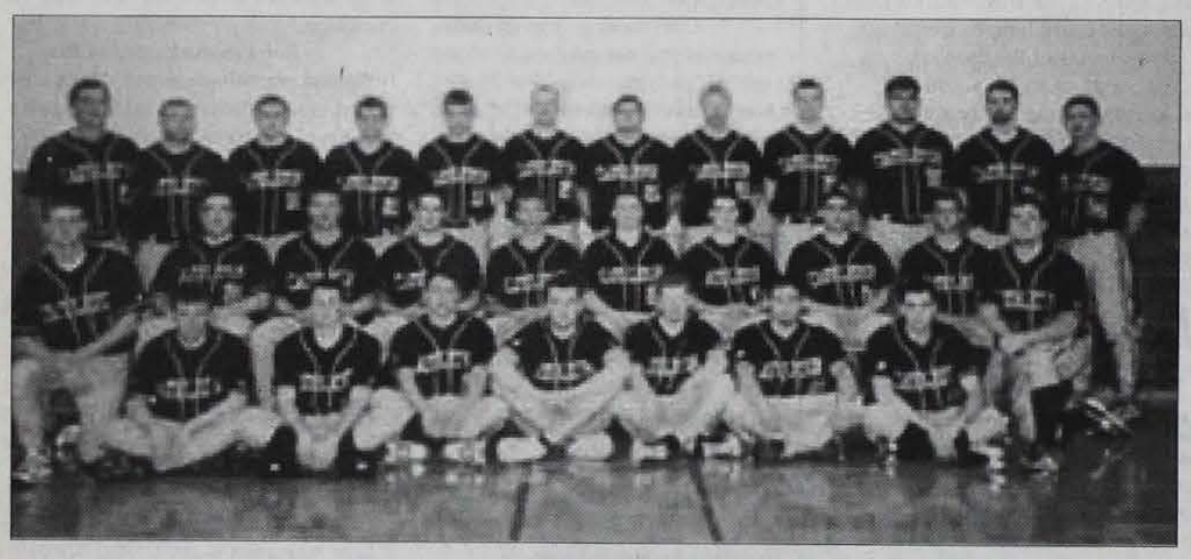


Photo courtesy of castleton.edu

Women's Tennis Team Destroys Competition

by Dale Schaafsma

Paul Cohen, head coach of the women's tennis team, has been pushed for his team to enter the Little East Conference (LEC) which includes schools such as Plymouth State. The conference change will bring stiffer competition. Another incentive for joining the LEC is a post-season, since the North Atlantic Conference (NAC) is too small for post-season play.

In 2000, the women's team left the NAI Conference and joined the NAC. In the NAC the women's team was 27-0 in their conference matches according to Cohen. In 2000, the women's team was the Northeast Regional Champions.

By winning the Northeast Regional championship, the team automatically qualified for the NCAA championship which was held in Lexington, Kentucky. From 1995-2000 the women's team reigned as the Mayflower Conference Champions.

While Cohen said the 2002 women's team was a "dominant team," he also mentioned the relatively easy schedule it had. "Some of the matches weren't even a challenge and that's not fun," said Cohen. He added that this was "the best team we've ever fielded."

For the past four seasons Lisa Terwilliger was the leader of the team. Terwilliger, who graduated in 2002, built camaraderie in many ways for the team, according to her former coach. She bought and presented gift baskets to Michelle and Chantel Roberts on their birthdays at Olive Garden after a match at Rensselaer Polytechnic Institute. Cohen said the team is going to "miss her quite a bit."

Terwilliger, a three-time most valuable player of Castleton, set the tone against a very good RPI team last season. She won her number two singles match and built confidence for the rest of the team. The women's tennis team played so tough that they came within a few games of winning.

Kim Feller was a very strong player and could play the number one or two match for most teams. The Robert twins were crucial to the success of the team last season, despite the fact that they were only freshmen.

A surprise and a beneficial addition for the team was Gayana Badalyn, who joined the team last year after taking a tennis class. Other important players include Maggie McCarthy, Stephanie Coulombe and Amanda Begins.

According to Cohen the players work very hard. While some of the players are naturally talented, others have to work harder to improve their game. Watching players improve is the biggest enjoyment that Cohen gets out of coaching. "It is very rewarding to help payers improve their game," Cohen said.

While larger schools such as RPI offer scholarships, Castleton does not. In fact, Castleton's recruiting budget is nonexistent. When trying to convince players who mentioned an interest in tennis, Cohen emphasizes a few aspects such as very good facilities which include lights for playing at night. Another aspect is the tradition and superior records at Castleton.

The women's tennis season is different because traditionally tennis is played in the spring, while the women's season is in the fall. Its season started before school began and was completed by the middle of October.

When Cohen started coaching at Castleton, he and Dr. Rajia Abbess coached both the women's and men's teams, but the workload "was too much." Currently Cohen only coaches the women's team.

Campus Gambling

by Kirk Middleton

Tom Casale, a Castleton student, has a friend who is currently betting large sums of money on NCAA Tournament games. "On Thursday at 7 p.m. he was up $1,000, by Thursday at midnight he was down $1300. That is the kind of swings he went on. That is where the problem is, when you start seeing dollar signs that aren't there, that's when you get into trouble," said Casale.

Gambling on college campuses is nothing new; it has been going on for decades. Gambling has put many students into serious debt, yet most colleges do not recognize it as a major dilemma. The problem lies not only with the elite schools; it occurs in small state schools as well.

Casale was once an avid gambler himself. In 1996, he and a friend bet $108,000 on sporting events. "Back when I was really going, my lowest bets were $200, my highest bet was $1500, that was usually during football season, both NFL and College," said Casale.

Eventually gambling caught up with Tom when he ran up his credit card debt. "I was not that bad of a gambler, I would win, but no gambler wins all the time, I would lose too. Usually I would get myself out of jams more often than I would get in jams."

This is the time of year when gambling is most prevalent on a college campus. The NCAA Tournament can do more than cause college students to put $5 into harmless office pools; it also may cause them to bet large sums on isolated games. The FBI projects that $2.5 billion a year is gambled on the NCAA Tournament.

The NCAA opposes all forms of legal and illegal sports wagering believing that sports wagering has the potential to undermine the integrity of sports contests, as well as jeopardize the welfare of student-athletes.

The University of Cincinnati ran a study on 648 collegiate athletes who competed in football and basketball. More than twenty-five percent said they had gambled on sports; 3.7% had bet on the games that they took part in.

"Most of them probably bet for their team to win. Some of them, such as a guy I knew who was a back-up quarterback for a Division I team, would give inside information but not directly impact the game. He told us if the team wasn't practicing well, or if a major player was sick," Casale said. Chances are that at Castleton students do not bet for or against the home team. Point spreads are not created for betting on athletic competitions in Division III. "At a small school players play to play. If there were point spreads than I'm sure people would look into it," said Casale.

One possible way to cut down on the number of athletes who gamble is to allow them to get jobs. Currently the NCAA does not allow scholarship athletes to work. One other possibility that has received consideration is to pay college athletes a monthly salary. Such a motion has received criticism because it would be hard to find the cut off point and decide who would receive pay and who would not.

The addiction of gambling can be overcome. When Casale returned to college this year after a few years away he finally decided something needed to change. When he lost $200 one weekend, not a large sum to most betters; he decided that enough was enough.

"I said to myself I can't do this. When you lose money that is all you think about. You can't eat, you can't sleep. I'm in school and can't worry about this stuff, so I just quit which was a hard thing for me to do. Now here I am, months later and I really don't have the itch that I used to," Casale said.

Health

Save Your Future: Simple Precautions Can Prevent Cancer

By Jessica Dewey

In a report released Thursday, April 3, 2003, experts estimate that worldwide cancer rates could increase 50 percent by 2020, raising the number of new cancer cases to 15 million per year. The World Cancer Report further stated, however, that one-third of cancer cases could be prevented and one-third cured, simply by individuals making lifestyle changes.

According to the American Institute for Cancer Research, 60-70% of all cancers have their roots in daily lifestyle habits, such as smoking, eating a poor diet and not engaging in adequate physical activity. Making a few simple adjustments in your daily routine can drastically reduce your risk of cancer and other diseases (such as heart disease and diabetes). Additionally, you will provide yourself with numerous other physical and mental health benefits.

Approximately one out of every two American men and one out of every three American women will have some form of cancer at some point in their life, the American Cancer Society says. Although most cancer cases are reported in people over age 55, cancer can strike anyone, at any age.

Although there is a genetic component to most types of cancer, it is important to remember that an individual inherits a predisposition to the disease, not the cancer itself. Having a family history of cancer, therefore, makes it all the more important for you to take the simple and necessary steps to keep your cancer risk as minimal as possible.

If there is one thing you can do to lower your cancer risk immensely it is to avoid smoking and secondhand smoke. The World Cancer Report stated than approximately 100 million deaths in the 20th century were linked to smoking-related diseases.

Smoking causes 30% of all cancer deaths in the U.S. Smoking does not just cause lung cancer; it is linked to cancers of the esophagus, pancreas, respiratory tract, stomach, liver, kidneys, colon and rectum.

It is also vital to your health to limit your exposure to secondhand smoke. Lung cancer takes the lives of thousands of non-smokers every year. The survival rate of non-smokers with lung cancer is relatively low; the disease all too often goes undetected until it has spread beyond curability.

The American Institute for Cancer Research projects that by eating a healthy diet and avoiding smoking an individual can potentially reduce his or her cancer risk by up to 70%.

Individuals are urged to avoid foods high in saturated (animal) fats. Perhaps equally important as eliminating or limiting your intake of certain foods is making sure you do consume enough of certain cancer-fighting foods, particularly fruits, vegetables, soy-based foods and other high-fiber foods. These foods contain antioxidants, such as vitamins C and A, which act as powerful cancer-blocking agents.

These foods are especially good choices for cancer prevention:

* Cabbage-family vegetables (i.e. broccoli, cauliflower)
* Garlic
* Onions
* Soy
* Dried beans
* Ginger
* Tomatoes
* Deep yellow or orange vegetables and fruits
* Citrus fruits
* Blueberries
* Dried fruits

Studies have repeatedly shown that risks for many forms of cancer (including colon, breast, prostate and testicular cancers) can be significantly lowered by engaging in regular physical activity. The Surgeon General recommends "moderate intensity activity...on most days of the week."

Experts now have compelling evidence that the best methods of cancer prevention rest in the lifestyle choices individuals make on a daily basis. Quitting smoking, eating more fruits and vegetables, and squeezing exercise into your hectic daily schedule are small prices to pay today for your health tomorrow.

The Burden of Mental Illness

By Allyson Stoodly

The National Institute of Mental Health (NIMH) is an organization dedicated to research aimed at reducing the effects and burdens of mental illness in our world, particularly in the United States. The goal of NIMH is to develop greater understanding, treatment strategies, and early prevention programs for mental illness.

The magnitude the burden of mental illness has on our society becomes evident when it is compared to the burdens of other medical illnesses.

The Global Burden of Disease study conducted by the World Health Organization, the World Bank and Harvard University revealed that mental illness, including suicide, accounts for over 15 percent of the burden of disease in established market economies, such as the United States. This is more than the disease burden caused by all cancers.

This study measured data in the form of DALYs. DALYs measure lost years of healthy life regardless of whether the years were lost to premature death or disability. The disability element of this measure is weighted for severity of the disability. For example, disability caused by major depression was found to be correspondent to blindness or paraplegia whereas active psychosis seen in schizophrenia produces disability correspondent to quadriplegia. (NIH Publication No. 01-4586)

Mental disorders are estimated to affect one in every five Americans over 18 years of age in any given year. Four of the ten leading causes of disability are mental disorders including major-depressive disorder, bipolar disorder, schizophrenia and obsessive compulsive-disorder. The existence of two or more disorders simultaneously is also extremely high. How does this all compare to other medical illness?

Below are some of the reported results from the Global Burden of Disease study of 1990.

Percent of Total:

All Cardiovascular Conditions 18.6%

All Mental Illness Including Suicide 15.4%

All Malignant Disease (cancer) 15.0%

All Respiratory Conditions 4.8%

All Alcohol Use 4.7%

All Infections/Parasites 2.8%

All Drug Use 1.5%

Of the 15.4% attributing to mental illness burdens, the following breakdown of these statistics is:

	Total %
Unipolar Depression	6.8
Schizophrenia	2.3
Self-Inflicted/Suicide	2.2
Bipolar Depression	1.7
Obsessive-Compulsive	1.5
Panic	0.7
Post Traumatic Stress	0.3

(NIH Publication No. 01-4586)

Coping With the Strain of a Mental Illness

By Allyson Stoodly

This is important to us as college students as it is to the general public because there is a lot of bias against so many people collecting social security for mental illness and for some of the strain placed on professors at colleges who have to make additional accommodations for disabled students which produce more work for them overall. In light of all that professors do, they should be commended for the additional work they do in accommodating students with disabilities of any kind. It is important for the health of our society.

Mental illness is just as debilitating as physical illness and handicaps as this study elaborated on. There are many programs available for helping physically disabled people get reconnected to the work force through accessibility to training, education, and job placement. It is important to realize that our economy can only become stronger by offering these same programs and accommodations to those with mental illness. Eventually, what those with mental challenges will have to offer back to society will reduce greatly the amount of burden their illness has placed on society. My challenge to all of us is to get to know about mental illness and how we can be supportive without passing judgment.

With all the pressures on our society today, including the war, and the eye-opening fact that statistics estimate that 1 in 5 Americans have some diagnosable mental disorder, we cannot afford bias or ignorance of these burdens. In order to lift burdens, we must understand, become educated and aim for prevention and treatment. For more information on mental illness, feel free to contact NIMH at http://www.nimh.nih.gov or the Wellness Center on campus at x1346 or Miriam St. George, the disability specialist on Campus at x1428.

EVENTS

Sexual Assault Awareness Week
April 20- April 25

Clothesline Project

The Clothesline Project will be displayed in the Informal Lounge of the Campus Center the Week of April 20- April 25.

During the Week of April 14 – April 18 there will be yellow boxes located in all Academic buildings on campus. There will be T shirts inside which can be picked up and dropped off during that week.

History of the Clothesline Project
The Clothesline Project was founded by a small group of women who were finding a way to take the staggering, mind-numbing statistics on violence against women and turned the statistics into a face of sexual assault. The Clothesline Project began with 31 shirts displayed on the village green in Hyannis, Mass., in October 1990 as part of an annual Take Back the Night March and Rally.

The Clothesline Project provides an opportunity for women to break the silence and bear witness to their personal experience of violence, and celebrate their transformation from victim to survivor in a powerful statement of solidarity.

***Take Back the Night* March**
The annual Take Back the Night March will be held on April 23 outside the Campus Center, where we will meet and march through campus.
After the march there will be a speak-out in the amphitheater of the Campus Center, where victims of sexual assault have the opportunity to tell their stories.

History of *Take Back the Night* March
The first Take Back the Night event was held in Germany in 1973 as a response to a series of sexual assaults, rapes and murders. Five years later the first U.S. Take Back the Night March was held in San Francisco; more than 5000 women from 30 states participated.
The Take Back the Night March is a way for women to come together in a collective voice and demand our rights for freedom to walk during the night without fear. Marchers carry candles and have the option to chant or to march silently.

To have your event or schedule listed here, call *The Cairn* at 468-6067.
Campus events are listed free.

CLASSIFIEDS

FOR SALE
PAIR OF LARGE DBX SPEAKERS, 5-WAY, 5 DRIVER, SOUNDFIELD IMAGING. OVER $600 NEW. ASKING $200.
1997 HONDA ACCORD LX, PS, PL, CRUISE, 49,000MILES. $9300
CALL 265-8815 LEAVE A MESSAGE

APARTMENTS FOR RENT
FOR THE 2003-2004 SCHOOL YEAR. HEAT AND ELECTRICITY INCLUDED. CALL STEVE AT 438-6168

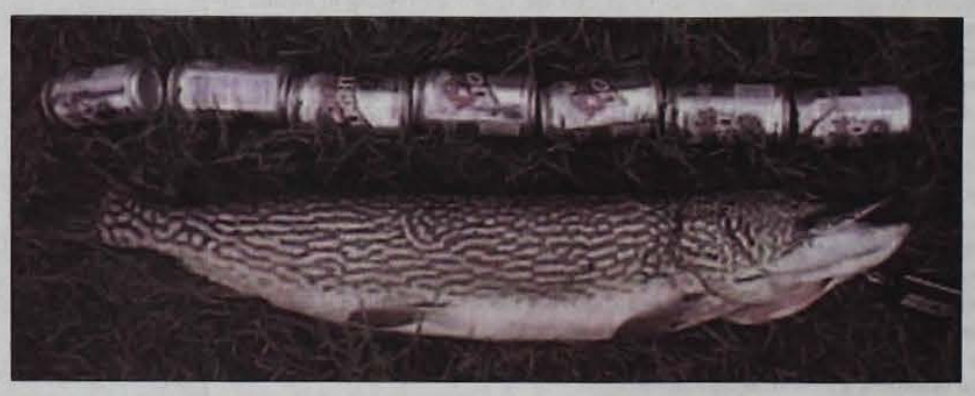
THE VERMONT DEPARTMENT OF CORRECTIONS IS ASKING FOR YOUR HELP TO IMPROVE AND PUT NEW PROGRAMS INTO EFFECT. PLEASE GO TO: HTTP://FICUS.CSC.USC.EDU/MACUMBERM AND FILL OUT A SURVEY TO EXPRESS YOUR OPINION.

Place your classified with *The Cairn* here!
Call ext. 6067 or email us at cairn@castleton.edu

Surreal Life

This week's picture submitted by Lindsay Hale

"Redneck Measuring Tape"



If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu

LEARN ABOUT THE PASSOVER ON PAGE 4

LACROSSE TEAM UPDATE, PAGE 6

The Student Newspaper of Castleton State College - Castleton, Vermont

THE CAIRN

APRIL 24, 2003

-Est. 1960-

War Brings Nursing Professor Overseas

by Renee Bishop

With the war in Iraq continuing, more American troops are being sent to the Middle East. On April 1, nursing professor Ann Gregory received her orders from The New York Air National Guard to go overseas. Her precise location is unknown. Gregory's end of the semester absence has been met with help and understanding by her colleagues in the department.

Gregory is a clinical nurse with the 109th Medical Squadron where she is a major in the Air National Guard. Gregory has been a professor at Castleton since January 2002. She teaches first year nursing students and also works as a family nurse practitioner.

Susan Farrell, chair of the nursing department, said that Gregory anticipated being sent out due to her training in the Guard. "She was not surprised," said Farrell. "She was realistic about the likelihood of being deployed."

With a little over a month of classes left in the semester, it was difficult for the nursing department to get new teachers in and up to speed with Gregory's classes. Everyone working in the department pitched in to help the transition go smoothly. "The students' needs are definitely being met," said Farrell. Professors Mary Catherine Rawls, Jean Lertola, Susan Farrell, MaryAnn McDonough, and formally retired Jean Britt have helped with Gregory's classes and labs and are helping students get through the rest of the semester.

In a goodbye note to her students, Gregory wrote, "I am proud to be an American, to have the opportunity to serve my country, and humble to be able to apply my nursing skills to provide care to the men and women who are serving in this war." She hopes her students complete the semester and develop a passion and love for nursing as she has. In an e-mail sent to the nursing faculty on April 10, Gregory said she was doing fine and moving around a lot.

"The nursing department faculty, staff, and students hold her in the highest regard," said Farrell. "We miss her and love her, and we pray for her safe return."

Girls Rock at Castleton

by Amanda McIntyre

Rebecca Becker

On April 11, 2003, 125 to 200 eighth grade girls from the Rutland County assembled together in the Glenbrook Gymnasium for the annual Girls Rock! conference.

Girls Rock! is held by the Vermont State Colleges every year and is open to eighth grades girls all over Vermont. Girls Rock! is a program that is designed to help girls strengthen their leadership skills by showing them the opportunities ahead of them and helping them realize that girls can do everything that boys can do. The girls arrived at Castleton for Girls Rock! at 8 a. m. and stayed until 2:30 p.m.

Castleton students volunteered to be group leaders for the girls. The student volunteers were each in charge of a different workshop for the girls. Some of the workshops included were art, theatre, cooking, and journalism. The student leaders each designed their own agenda for the day.

There was coffee, juice, and doughnuts for the students when they arrived. The activities started with a welcome address from the 2004 Conference Coordinator Kristin Compo followed by a Castleton Student Panel who shared their personal stories that defined who they were as leaders and what they do. This panel was made of up Melissa Paradee, Shannon Lowcock, Heather Bruce, Chelsea Companion, and Kristin Compo.

At 9:45 a.m. the girls participated in a get-to-know-each other ice-breaker. At 10:30 a.m. the girls broke into groups and took color personality tests and talked about what they would like to do for the future, which was then followed by lunch.

At 12:15 p.m. The girls participated in the Explore Your Passions Workshops. These workshops were designed to help the eighth grade girls figure out what they liked to do, be it theatre, art, cooking or something else. They then met back at the SHAPE Gymnasium for a closing ceremony that lasted from 1:30 to 2:15.

Briana Farrar, 14, from Bellows Falls Middle School attended the girl's conference at Castleton. "It just sounded like a lot of fun," Farrar said. She participated in the Art Workshop where she made a collage.

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Friday-partly cloudy, mild winds, high 61 F, low 36 F
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Source: Weather Channel

"Education makes people easy to lead, but impossible to drive; easy to govern, but impossible to enslave."
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Castleton Celebrates Pride Week 2003

by Jessica Bass

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Different than Pride Weeks in the past, One in Ten stated they were focusing on a more indirect approach and "not so in your face" with some of the planned events but rather a "more accepting" and welcoming feel. The most noticeable difference on campus was the missing "chalking" that once covered the walkways during Pride Week supporting GLBTI individuals. Now all "chalkings" done on campus are required to attain to a new policy that must be approved in advance. Although One in Ten considers the "chalking" their most recognizable

event on campus and the most emotional for the members, they hope to have one before the end of the semester.

Pride Week kicked off with a One in Ten meeting in the Campus Center Monday evening open to all ally's and members. The upcoming week's events were discussed and even the idea of a May Gay Day on campus filled with different events

continued on page 3

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continued on page 3

Editorials

History As We Know It

High school may have killed our interest in history, with its droning fact-and-date approach to events, but college is where you learn the significance of those events. Inspired by an assignment from my own history class, I was reminded how history affects the world I live in every day. When we take a step back, we're reminded just why history is more than an academic subject.

We are currently at war, and students on campus have a lot to say about this situation. To ask them where their opinions and loyalties are, you'll probably find most either side with "their country" and our "duty" to resolve the long-suffering problems in Iraq. Others could give you many reasons to crusade for peace; not the least of which is the idea that's it's just not our business to "baby-sit". Some may think it's unpatriotic to disagree with war. If we were citizens of Iraq we might think differently.

I myself don't know where I stand, seeing reasonable claims from both sides of the spectrum. I'm sure there's more like me out there. The only way we can start to understand the catalysts behind our nation's current situations is to have an understanding of the history leading up to our current situation. How much does the average student know about events they hear on the news? How do such situations escalate to this scale? For example, we all know about 9/11, at least from the American perspective. We suffered an unprovoked attack on civilians unrelated to any incident in the Middle East. But take a minute to think about this attack from a Middle Eastern perspective. Their holy book tells them to "attack the infidel where you find them". Maybe both sides would have more respect for each other's beliefs if we understood the history behind their culture and religion.

I'm not saying that 9/11 was justified, nor am I making a statement that our role in the current war is either moral or immoral. All I ask is that we learn the background of a situation, learn how it affects our lives and our country, before we decide which side of the fence to sit on. Those people on campus who feel so strongly about either war or peace base their opinions on the past, knowing that history does repeat itself. It is important to know history so we can know what to expect in the future.

-Billie Pisaniello-

Letters to the Editor

Dear Editor,

Having recently heard about a possible or maybe I should say almost iminent 5% tuition increase for next year, I can't help but wonder what on earth this state is thinking. I thought the whole point of students staying in their home states was because they wouldn't have to worry about paying through the nose for an education. That way the state could keep its high school graduates here and not have them go to some other college or university out of state. Obviously Vermont doesn't care about it's college students. This is one of the few things that turns me off to ever living in this state my whole life or at least when my kids are of college age. When I was a freshmen, it cost me just a little over 10 grand. Now going into my senior year it's going to be a little over 13 grand! And for what? So some presidents and the chancellor can get their pay raises? I was also under the impression that we are expecting a record number of freshmen coming into the college this fall and so they still hike up the tuition?! I value my education and I'm grateful for what Castleton has given me, but at this price shouldn't there be some real changes around here? So far all I've seen is more athletic teams, new computers, and some ugly blue call towers around campus. How about a new fitness center? Or a full renovation of the FAC? How about more vans so there wont be transportation issues for the fall and spring sports? How about cutting some trees down for some more parking? How about a bigger fireside? We're not a private school but by the looks of it we're heading in that direction in terms of cost. Wake up Vermont because this is a serious problem and unless you want to hand out more financial help for us (which your stingy with already), then it's time to start bringing down the tuition or at least use mot of the money on the school itself.

- Scott Kirpan-

Dear Editor,

READERS – SAFETY FIRST

As the warm weather is here, more and more students are enjoying the spring by running, walking and bicycling on the roads. Please SEE and BE SEEN by wearing LIGHT AFTER DARK. Reflective clothing or reflective strips on backpacks are most effective. ALSO, and most important, WALK/RUN/JOG FACING TRAFFIC, - BICYCLE WITH THE TRAFFIC.

-Dr. Bob Grace-
Professor

The *Cairn* would like to apologize to Deb Choma, our campus nurse. The article previously printed implied incorrectly that Ms. Choma occupied a new position titled Health Services Director. Health Services Director is the job that Choma currently holds. The job that she is applying for is the position of the Wellness Center Director. The selection process for the Wellness Center Director had not been completed at the time. Other incorrect information in the article states that Nurse Choma spent time away from Castleton, but she had not been away since she originally became part of our staff. We apologize for the misleading information.

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Do you have something to say to the editors of The Cairn? Send questions or comments to cairn@castleton.edu

News

Number of Castleton Applicants on the Rise

by Scott Lanphear

The number of applicants to Castleton has increased from those that applied this time last year. The rise in applicants has led to a more selective approach in the admissions process.

According to Heather Atwell, Director of Undergraduate Admissions, the minimum standards for admission have remained the same as in previous years, but with more applicants, the college is able to admit a more selective group of students. "We're striving to increase the academic strength of the student population."

Atwell said that the Admissions office has received 1540 applications so far this year, compared to the1298 from the same time last year. She said that the students denied admissions to Castleton are encouraged to attend a community college and to reapply to Castleton later. She added that some rejected students have chosen to attend other colleges in the Vermont State Colleges system.

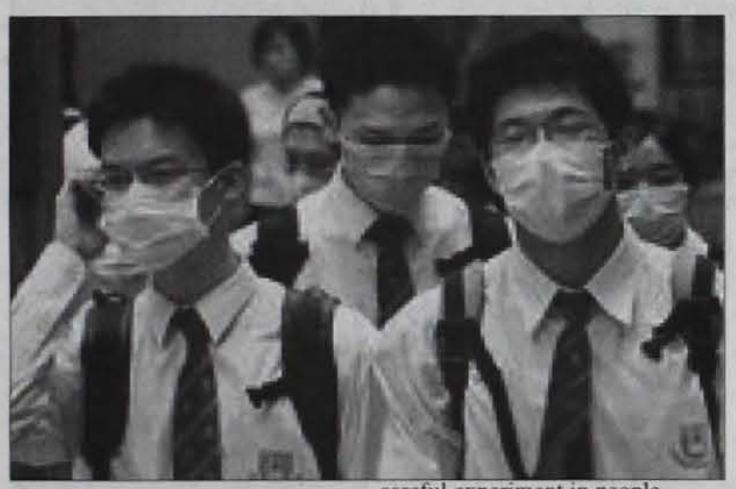
Ennis Duling, Communications Director at Castleton, noted that the number of applicants has increased 17 percent from a year ago as of April 1.The number of students who have sent in their tuition deposits has increased 29 percent. Last year's freshman class was the largest since 1983.

Bill Allen, Dean of Enrollment, said he hopes the freshman class will be a little larger than the classes of the past couple years but not so large that it becomes hard to find room for everyone. He said that by being more selective with the students it admits, the college will be able to keep the class size at a controllable level.

Allen said that the higher number of students applying this year indicates that the college has built more name recognition over the past few years. "We seem to be a school that people want to come to," he said.

Search Narrows for SARS Treatment

by Daniel Q. Haney
AP Medical Editor



Scientists in search of a SARS cure have narrowed their focus to several dozen drugs that appear to have the best chance of stopping the deadly respiratory virus, but they have abandoned plans to test one of them in people.

The urgent hunt for something that works - preferably a medicine already on the market or close to it - was helped by the breakthrough a week ago in decoding the virus's genetic makeup, which gives scientists some logical targets.

While they cannot predict when they will find a treatment, they should know soon if an effective medicine is likely to be in hospitals quickly. If none in testing shows promise in the next few weeks, a treatment may have to be created from scratch, a process that could take at least five years.

For now, SARS treatment amounts to keeping patients isolated and dealing with their symptoms while the infection runs its course.

The drug ribavirin is being used by doctors in Hong Kong and Toronto who are convinced it helps many SARS patients. But U.S. researchers, who have been skeptical all along, shelved a plan to formally test the drug with a careful experiment in people.

The decision was made this week after testing at the U.S. Army Medical Research Institute for Infectious Diseases at Fort Detrick, Md., found no evidence that the drug has any effect against SARS virus growing in tissue cultures.

Dr. Catherine Laughlin, virology chief at the National Institute of Allergy and Infectious Diseases, said there was simply no evidence it worked. "It has significant toxicity, and there was a real chance you could do more harm than good."

Viruses are much harder to kill than bacteria, and only three dozen antiviral medicines are on the market in the United States. None is specifically aimed at the coronaviruses, the family that includes the SARS virus as well as some that cause common colds.

Laughlin said ribavirin is the only drug conclusively shown ineffective in the Army experiments so far, and lab testing is under way or will begin this week on all the other antiviral drugs on the market. These are 16 AIDS drugs, 13 herpes drugs and seven aimed at flu and other viruses. Also to be tested are seven forms of interferon, which are the

continued on page 5

Pride Week, continued from front

supporting GLBTI and promoting unity and harmony.

Tuesday, Paula Baker , Head Librarian of the Rutland Free Library, came to Castleton's campus to discuss homosexuality and its place in children's literature and the role of library censorship. Actual Pride Day was shown all across campus Wednesday by wearing blue jeans to support GLBTI students and faculty. An information booth was also set up for the second day in the Campus Center and maintained by members of One in Ten to answer questions.

Thursday was the annual "Speak Out", where anyone, gay or straight, or whatever else, including students, faculty, members, and ally's can speak out about anything they wish. Many people in the past have chosen to speak out about personal experiences or the experiences of people they know.

The eventful week ended on campus Friday evening with an Ally pizza party open to everyone. The closing event of Pride Week for members of One in Ten concluded on Saturday at a regional conference at Plymouth State College in New Hampshire called The Big Gay Event. With other GLBTI organizations from college campuses all over New England the event acted as a great meeting place for college clubs to exchange ideas and to make some new friends.

Spring finally comes to CSC – Spring Weekend Style

by Sacha Moureua

As spring continues to creep up to Vermont, Castleton State College will be adding their own taste of spring to Castleton with the college's Spring Weekend, which will be hosting a variety of events throughout the weekend. Starting Saturday, April 26th and continuing on Sunday, April 27th, the Community Club and the Just Activities with Music club (JAM) has arranged a wide selection of concerts, games, give-a-ways, and food for the students and faculty of CSC.

Starting at 11 am on Saturday, the day will feature a Bouncy Obstacle Course that students can shed their shoes and jump around in an air-filled obstacle course, a Bungee Challenge that will allow students to test their bungee skills, and Sumo Wrestling where students are able to put on a sumo wrestling suit and wrestle one another in a mini arena. There will be free food including a barbeque of hot dogs and hamburgers, and there will also be free cotton candy, snow cones, and drinks. Free T-shirts will be given to the first 250 students who arrive at the event, as well as other free give-a-ways .

During the course of the day on Saturday will be a free concert, featuring six different bands ranging from the music types of ska, punk, dance-jazz, to alternative. The line-up includes The Skeptics, Dr. Juice, Maery Lanahan and the Moment, Baba, as well as the Jazz Mandolin Project. While the activities will end by sundown, the music will continue to play until about midnight in the campus amphitheater.

Sunday will include Home Sports Games with CSC Softball at 12 pm and Men's Lacrosse at 2 pm in their respective fields. Starting at 7 pm there will be a DJ, along with the Community Club's "Casino Night," that will feature casino-style table games like Black Jack and Poker, with prizes for winning ranging from Play Station 2 packages to DVD Players. The non-perishable food items that will be used as money to play the games will be donated to the local food shelf in Castleton.

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Rich Glasscock

Features

Internships: Opportunity or Expolitation?

by Tom Casale

photo courtesy of internship_photos.org

As the spring semester comes to end, many college students are busy figuring out what they will do for employment over the summer. While some students just want a job that pays decent money, other students are looking into internships that relate to their major. Some of the things students will find while searching for the perfect internship may surprise them.

For many students, internships offer an invaluable experience in a particular field they may want to pursue after graduation. Internships also offer students a chance to meet people and make connections that can't be obtained by sitting in a classroom. There is, however, one thing that many internships don't offer: money.

As students contact companies inquiring about internships, they will find that in most cases the internship is a non-paying position. While the position offers experience, and in most situations college credit, there is no financial compensation.

Students are forced to make a tough decision. Do they take a job that will help them in the long run and struggle financially now? Or do they take a job that will allow them to save money over the summer and miss out on a great opportunity? These are the questions a number of college students struggle with every year.

A number of big companies offer unpaid internships. CNN, Sports Illustrated, NBC, FOX, and a majority of professional sports teams are a few examples. Out of the 32 NFL franchises, only five teams currently offer paid internships. The Philadelphia Eagles football franchise is worth $750 million, yet they chose not to pay their interns.

According to Jamele Monroe, Director of Human Services for the Philadelphia Eagles, there is a reason why a majority of NFL teams and other big companies don't pay their interns. "We are providing an opportunity for college students that can't be measured in monetary terms. A number of our interns get hired after they graduate and that is the reason why internships are so successful."

While college students may be getting a great opportunity, only a certain number of students have the luxury of taking advantage of these situations. According to Castleton sophomore Amanda McIntyre, most students have to work and save money during the summer because they can't work full time during the school year. "If I don't make money over the summer, there is no way I can afford to pay for college in the fall."

If a student accepted an internship with the Eagles, they would have to live in Philadelphia and pay rent, pay for food, pay for transportation, and work 40 hours a week. A large number of college students can't afford to take advantage of these great opportunities, no matter how hard they work during the school year. It's unfortunate but sometimes getting an internship is based more on a student's financial background than their academic standing.

While a large number of big companies don't pay their interns, some companies have taken the opposite approach when it comes to internships. ESPN is one of the larger corporations that pay its interns.

According to a spokesperson for ESPN, "A few years ago we decided to pay our interns because we felt that for all the work they do, interns deserved some compensation." The spokesperson goes on to say, "In today's world it is hard to ask people to work for three months out of the year just so they have something to put on their resume. I think everyone involved with our internship program is happy with the decision we made."

ESPN offer students a great opportunity and by paying their interns, more students are able to take advantage of the program. According to the ESPN spokesperson, "We have definitely seen more diversity in our internship program over the years. By offering a salary, we have opened the door for more students. That was one of the main factors in deciding to pay our interns."

continued on page 5

A Time of Jewish Liberation

by Rebecca Becker

photo courtesty of ccat.sas.upenn.edu *guest cup for Elijah*

At sunset on Wednesday April 16, Jews all over the world joined family and friends to pay tribute to their history by having a Passover Seder.

The holiday celebrates the Jewish people's emancipation from slavery during the Pharaoh's rule in Egypt. It is also a somber remembrance of the hardship that the Jews endured before achieving freedom.

The story of Passover begins when the Jews, forced into slavery, worked ceaselessly to build some of the great cities in Egypt. The Pharaoh, who felt threatened by the sheer number and strength of the slaves, pronounced that every Jewish boy be thrown into the river Nile. Only one survived. When Moses grew up, God told him that he must free the Jewish people from their miserable lives as slaves. According to the story, after several failed attempts at persuasion, God created ten plagues to fall upon the Egyptians. During the final plague, darkness engulfed the Pharaoh's land and the first-born child of every Egyptian family perished. A lamb was sacrificed, and its blood placed on the door of every Jewish household, indicating that the Angel of Death should pass over the home. For this reason, the annual holiday is named "Passover."

Passover is also referred to as Pesach, which is based on the Hebrew root meaning "pass-over." The holiday is also referred to as Chag he-Aviv (The Spring Festival), Chag ha-Matzoth (the Festival of Matzahs), and Zeman Herutenu (the Time of Our Freedom).

Every year, Jewish families and friends pay tribute to their history by joining for a Passover dinner called "Seder." Before the first Seder, Jewish homes are spotlessly cleaned. All bread, and any other leavened food, is discarded. This act acknowledges the time when Jews, given a brief window of opportunity by Pharaoh, made bread for the exodus, but couldn't wait for it to rise. For this reason, the unleavened bread called matzah is served at the Seder.

The process of cleaning the home of all chametz, anything made from the five major grains, in preparation for Passover is an enormous task. In order to do it right, Jewish people have to spend several days scrubbing everything down, going over the edges of their stoves and fridges with a toothpick and a Q-Tip, covering all surfaces that come in contact with foil or shelf-liner. After the cleaning is completed, the morning before the Seder, a formal search of the house for chametz is undertaken, and any remaining chametz is burned.

The day before Passover is the fast of the firstborn, a minor fast for all firstborn males, commemorating the fact that the firstborn Jewish males in Egypt were not killed during the final plague.

Passover lasts for seven days. The first and last days of the holiday are days on which no work is permitted.

On the first night of Passover, Jewish people have a special meal filled with ritual to remind them of the significance of the holiday. This meal is called a Seder, from a Hebrew root word meaning "order."

During the Seder dinner, the Passover story is recounted from a book called "Haggadic." This begins with the youngest person asking The Four Questions, a set of questions about the proceedings designed to encourage participation in the Seder. The Four Questions are also known as Mah Nishtanah (Why is it Different?), which are the first words of the Four Questions.

A special plate adorns the table and contains several food items. A lamb bone symbolizes the sacrificial lamb used to protect the Jewish homes from the plague. Bitter herbs, usually horseradish, are a reminder of the bitter life encountered by the slaves. Haroset, a mixture of apples, nuts, honey, wine, and cinnamon, resembles the clay used by the slaves in building the great cities. Parsley, and a roasted egg, stands for the spring season of Passover, in which the greens are dipped, symbolizes the tears shed by the slaves.

Many Jews today think of Passover as a time of personal liberation. On Passover, the Jewish people were freed from more than physical subjugation and slavery. Rather, the "Time of Our Liberation" denotes a true freedom, the deliverance of the individual from all limitations and constraints. "Not only our ancestors did the Holy One, Blesses Be He, redeem from Egypt, but He redeemed us together with them."

Features

Change Is In the Air at The STEP Center

by Michael Acampora

New name! New counselor! New courses! Everything is new and exciting at the STEP center these days. Within the next year Castleton State's tutoring center will go from being called the STEP center to the Learning Center. Marielle Blais, director of the STEP Center, feels students around campus still question exactly what takes place at the STEP Center, and she believes that the new name will clear up any confusion.

The STEP Center stands for Success Through Educational Programs. Blais said she has never like the acronym associated with the center, which has had the name since 1984. Even though Dean Mark has approved the change, faculty and staff, such as Michael Bethel, have advised Blais to slowly faze out the name rather than just switching it.

Blais has already started the ball rolling with newsletters and pamphlets that now say the STEP Learning Center. This way students can begin to get used to the name slowly until it is eventually called the Learning Center. Blais jokes that students and faculty with refer to it as TLC.

Also in the works for next fall is a three-credit course offered to first year students. The staff members at the STEP center will teach this course, which will be titled, 'First Year Experience'. Blais is convinced this course will be worthwhile to first year students, especially those who are low-income, first-generation college students, or students with disabilities. The course will be open to thirty students at a time and cover topics such as study skills, college writing and stress management. It will be offered Tuesdays and Thursdays from 3 p.m. to 4:45 p.m. this fall.

A new counselor has recently started her position at the STEP center. Deborah Jackson is the new Math and Science specialist on campus. For the first time, the center offers a counselor with this background as compared to others who focus on academics or English. Blais feels having Jackson on staff has strengthened the center and allows students to make appointments specifically for math or science help. There are certainly changes occurring for Blais and her staff at the STEP center; Blais has high hopes for the fall semester.

Want a Parking Fine?

by Tarah Thomas

Parking fines have become a norm at Castleton State College. Most students on campus if asked would tell you they have received a parking fine or two. Lack of parking has been causing this rampage of ticket-writing and many students want some changes.

Over the last two years, parking has become more and more difficult. With the arrival of over 300 new freshmen, it's becoming hard to find a spot. New spots have been opened next to Public Safety and also along the grass behind Babcock, but there still just isn't enough space. This isn't only affecting those students who live on campus, but it's also affecting students who commute, and the faculty as well.

"Some days I have to park illegally. There are no spots anywhere, and what am I supposed to do, skip class?" said commuter Meredith Cutler. "I don't think not finding a parking spot is an excusable absence."

Parking fines range anywhere from 10 dollars to 45 dollars, and there are many reasons to receive one. College students don't have money to begin with, never mind money to pay undeserved parking fines. The school should provide adequate parking for all students who attend the college.

What's to be done about this parking situation? Many students think new lots should be made. One student had the idea of not allowing freshmen to bring their cars to campus. "Most schools don't allow freshmen to bring cars and I don't see why it needs to be any different here. There isn't enough parking, and that's one way to clear a lot of spots," said student Kara Littlefield.

Many students are tired of paying fines for parking in places off-limits because there wasn't any parking. The college needs to make allowances for these situations. It's hard to say when the problem will be fixed, but all that's certain is that it needs to happen soon, because sooner or later even the people giving the tickets won't have a place to park.

Internships, continued from page 4

At Castleton, when students want to talk about internships, they go see Chrispin White. White is the Director of Community Service and Internships at Castleton and he has been trying to get more companies to offer money to interns. "Most students need at least a little money for the work they do," White said. "Students are different today. They have more financial obligations and some have families. They can't afford to work and not get paid any money."

White says that when it comes to internships, it's either hit or miss. "It's hard because non-profit organizations offer students a great opportunity but they don't have the luxury of paying their interns. Some of the bigger companies that can afford to pay interns might look at internships as free labor."

Despite the fact that some prestigious companies don't pay their interns, White doesn't believe these companies are purposely taking advantage of students. "All internships used to be non-paying positions. I believe that experience and college credits are still the main factors in an internship but in today's world, most students need the added benefit of money as well."

According to White, things are starting to look up when it comes to paid internships. "More and more companies are starting to provide some salary, so that is encouraging."

White's advice for Castleton students this summer is to look for a job related to their major. "It is easier for us to turn a job that pays into an internship than it is to turn an unpaid internship into a job."

Some Castleton students have already started looking for internships and are aware that they may have to work for no money this summer. For those students who have yet to explore an internship, be sure to keep something in mind. If you want to work for CNN this summer, you may need to get a second job.

SARS, continued from page 3

body's natural microbe killers.

"Certainly there isn't an upfront rational reason to think any of those would work," she said. "But if any of them did, it would be extremely valuable, because they are available and understood."

The best chance of success may be with about 30 drugs not yet approved but already in testing for other purposes. All are aimed at viral processes similar to those in the coronavirus. These include drugs that may prevent the virus from sticking to human cells or that block some of the steps the virus takes to copy itself.

Depending on how far along they are in human testing, some of these drugs could be available for SARS fairly quickly. But if none looks promising in Army testing, prospects become more remote. Drug companies have sent in hundreds of others for screening, but it would take years to prove their safety and effectiveness.

Laughlin said the government also plans a study of the natural history of the disease in hopes of finding more clues to treatment.

Questions include whether lung damage in SARS results from the virus or the body's overly enthusiastic efforts to kill it.

In the first days of an infection, before the body gears up production of antibodies, it uses interferon as an all-purpose virus fighter.

Sometimes, however, too much interferon actually is harmful.

"If we find they are already swimming in interferon, no more would help," Laughlin said. But if it turns out they make too little, interferon could be an important SARS treatment.

Dr. Frederick Hayden of the University of Virginia noted that studies in the 1980s showed spraying interferon up the nose blocks infection by the coronaviruses that cause colds. The spray was abandoned for colds because the drug irritates the nose, but it still might be a way to guard against more serious SARS infections.

Some experts worry that it may be too soon to give up on ribavirin. Dr. Michael Lai, a coronavirus expert at the University of Southern California, said its failure in the test tube does not prove it worthless in people, since the drug might somehow bolster immune defenses.

"I don't disagree with the decision not to start a large-scale clinical trial," Lai said. "But in the absence of specific drugs, if a clinician feels ribavirin works in some patients, they should continue to use it."

Hayden suggested at least trying ribavirin in monkeys, which also can catch the SARS virus. "I'm still of the mind what we need is a controlled clinical trial," he said, "although I can understand the reluctance to proceed until there is more supportive evidence."

Sex is like air.
It's not important
unless you aren't
getting any.

If you have questions about sex and relationships, we have advice. You can e-mail your questions to cairn@castleton.edu or drop them off anonymously at The Cairn office on the bottom floor of Leavenworth.

Next semester is just around the corner... Get involved and write for The Cairn!

Sports

The Fifth Annual Scorpion Bowl Arrives at Castleton on May 4

by Kirk Middleton

On Saturday May 4, the fifth annual Scorpion Bowl will be held on Castleton's Rugby Field. Throughout the day regional teams will compete in the tournament in both men's and women's rugby.

In the Men's Rugby Tournament, Castleton will host Southern Vermont College, Plymouth State (N.H.), Lyndon State College, and Castleton Alumni. In the women's side of the Scorpion Bowl, the Castleton Women will host Middlebury, who will be taking two squads to the event, as well as the Castleton Alumni.

The Castleton Men's Rugby Team was founded as a club sport in 1992.

It has been very successful in Scorpion Bowls dating back to the first one in May 1999. The Castleton men won the tournament that year and have won each Scorpion Bowl since then with the exception of 2001. That year Plymouth defeated U-Mass Lowell in the title game.

Last season, the Castleton men finished their season with a 4-3 mark. They reclaimed the Scorpion Bowl, defeating the Castleton Alumni 7-5. "Us beating the Alumni in the last two minutes to pull ahead was the highlight of the day," said Ken Corrow (also known as Opee), a fourth year outside-center for Castleton.

Corrow said that last year's team was good but young. This year's team is a little bit older, yet less experienced. Injuries were a major factor in

keeping veterans from coming out to play.

Corrow expects Plymouth State to be the toughest competition in this year's tournament, but he said that anything less than a repeat of last years bowl championship would be a disappointment.

According to Corrow the Alumni who show up are usually the star players of the past. The actives because of their constant running and drilling are often in better physical shape than the Alumni. On the other hand the Alumni bring years of rugby experience to the field. The traits of each team balance the playing field between alumni and actives.

"I think we are going to whoop their asses this year," said Rob Getz, Castleton Alumni and Rugger from 1996-2000.

The Scorpion Bowl is a reunion for the Alumni who go to play a sport that they loved as well as gather together with old friends. "We had a good time. I caught up with old friends and people I haven't seen in a while. It was the best thing for me," said Getz.

Inclimate Weather Frustrates Athletic Teams

by Dale Schaafsma

Sports teams at Castleton were frustrated because many games were canceled or postponed due to a snowstorm on April 4.

One team affected by the weather was the men's lacrosse team. A game against Green Mountain College scheduled for April 10 was postponed until April 17. Instead of playing a home game against Johnson State College on April 13, the game was postponed until May 1.

Dan Seaman, head coach of the men's lacrosse team, said the situation was "very frustrating for the players." The players needed a lot of space to run plays, but it was very difficult to simulate plays in the confined space of the Glenbrook Gymnasium. "After a while it gets on your nerves," said Seaman.

The men's lacrosse team had one or two practices on the side of the field before the snowstorm said Joseph Smith, a lacrosse player. The team was more motivated and enthused when they started practicing on the side of the field.

Despite the snow, the players did good job of coping with the situation said Seaman. He was very eager to see the snow melt so the men's lacrosse team could practice on the field again.

Derek Damica, a lacrosse player, said, "The field situation is garbage." He explained that the field situation was unfair to the players and mentioned how Castleton should have backup plans for the sports teams when the fields are unplayable. To prevent situations like these from occurring again, Damica said the school should get Astroturf, so that the snow can be plowed.

It was "quite frustrating just starting to play on the field and now having to play in a small gym. It's just not as fun," said Smith, who mentioned the team crushed Maine Maritime Academy 10-2 on March 30, to end a two season winless streak.

The weather has also been inconvenient and frustrating for the men's baseball team. "For me it has definitely been frustrating," said baseball captain Michael Howe. Howe mentioned the fields had been snow free on March 25, but on April 5 there was over a foot of snow on the fields and that disappointed the team.

Ted Shipley, head coach of the men's baseball team, said the weather situation was discouraging and depressing. In a humorous tone of voice, he said he has to "start to laugh about it because there is nothing you can do."

"I'm sure that everyone is frustrated," said Shipley. Another potential problem is how well the baseball field drains.

The baseball team has postponed or canceled 12 games this season as of April 9. The team is going to have to play 32 more games before May 6, when the regular season ends. The women's lacrosse team had a game at Elms College on April 5, postponed. A game at Utica College on April 7 was canceled because of the snowstorm.

Shipley and Seaman agree that a few warm sunny days would greatly improve the playing fields for the teams.

Men's Lacrosse Turning Things Around

by Devon Mason

The sport: Men's Lacrosse. The year: 2001. The record: 0 and 7. The record for 2002: 0 and 12. What these seasons have in common: no wins. This year's record, early in the season: 2-0. The Castleton Men's Lacrosse team, with first year head coach Dan Seamen at the helm, is beginning to turn things around, forcing the college community to take notice.

After two years of losing game after game, this year's team has come in with a new perspective of the sport and a dedication to it unmatched by previous year's teams.

Joe O'Reilly and Rob Regna, Co-captains of the team feel that the defining factors of the team's turnaround have been the talent, quanity and dedication of the players, both new and returning. "Our new coach has given us a different perspective of the game, and people are taking it more seriously," O'Reilly said.

Coach Seamen, who took over as head coach this year, replacing Brooks Blanchard, echoed the team captains. "We have lots of players on offense and defense with a lot of skill," he said, adding, "I plan to keep them focused on playing the best lacrosse they can."

Seamen, along with many of the players, feel that one of their strongest assets is their unrelenting defense. "They pretty much dominate in practice and in games," Seamen said. This

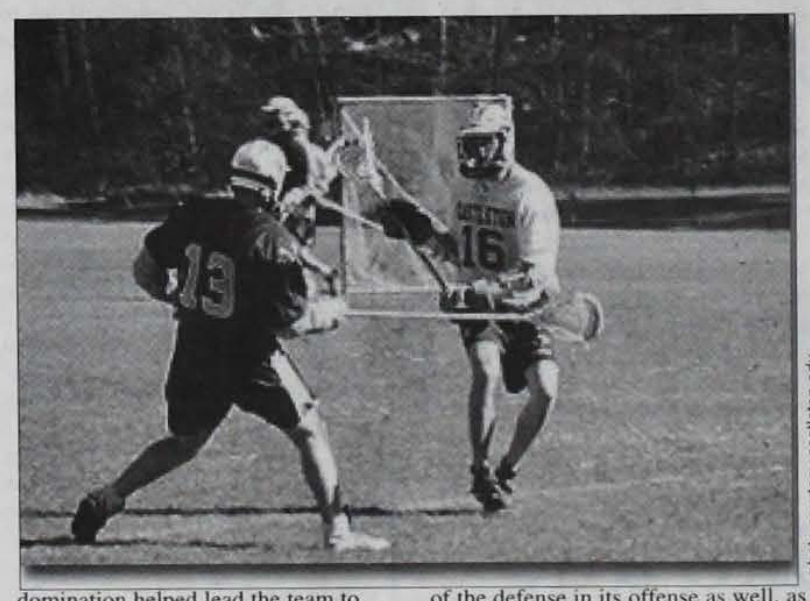


photo courtesy castleton.edu

domination helped lead the team to defeating Maine Maritime Academy 10-2 in their season opener, and especially in the second half of their second half of their second game of the season versus Emerson College, which they won 9-7. Freshmen defensemen Rich Eckrote agreed with the coach saying, "Defense was a key factor in both victories."

For returning players, the win over Emerson was a huge booster for the team as Castleton lost to them last year by just three goals, which was their narrowest loss of the season. "The returners were psyched," said O'Reilly, who emphasized that this year's team members came into the game ready to play.

The team is finding the intensity of the defense in its offense as well, as they have gotten help from freshmen Mike Lagana, and Matt Vanderkar. Adding to that offense is Junior Derek Damico who had two goals versus Emerson, and senior standout Sean Stangle who has had two goals in both games that have been played this season.

So why isn't lacrosse as popular with the Castleton community as soccer or basketball? With two wins under his belt, O'Reilly is optimistic; "People don't like to come and see us lose. We had a lot of losses in the past couple of years and that hurt us, but now that we're winning, I think people are going to come to the games."

Coach Seamen also feels that advertising and better organization will help build a community fan base for the team. Games have been cancelled recently due to weather. This has changed the team's schedule, making it diffcult to advertise for games properly.

This year's biggest home games will be played during Spring Weekend when Castleton faces off against Mount Ida college on the 26, at 1 p.m., and then playing Vassar College on the 27 at 2 p.m. Another huge game will be played on May 1 against the team's rival, Johnson State College. It was supposed to be played April 13, however, it was delayed due to weather. Last year, Castleton was defeated by Johnson 15-5, and the players are anxious to get back out on the field to play them again.

While the players are excited that they're bringing some much-needed respect to the Castleton lacrosse program, they realize that their coaching has given them the perspective they need to succeed. Of his coaching style, Seaman said, "I'm not dictatorial. I allow them to create some plays. It's their game."

Seamen believes that it's important to give the players some responsibility so that they can learn and grow as players. To him, "It's a player's game, not the coach's game."

His coaching style seems to be working well with the team, and the players are all anxious to get back to their stomping grounds to show their skills before their Castleton crowd.

Health

World Health News

by Jessica Dewey

Tobacco Company Suing California over Anti-Smoking Ads

Big Tobacco, a group of leading tobacco companies, is suing the state of California, charging that the state has violated the intentions of legislature passed more than a decade ago. In 1988, California launched an aggressive anti-tobacco campaign, initiated by voters. The decision tacked an additional 25 cents onto the price of a pack of cigarettes.

Currently, Big Tobacco is suing the state of California for its use of the money, claiming that the money was intended for public tobacco education and medical needs. The tobacco companies now allege that the state is mishandling the money, spending it instead on anti-smoking advertisements.

California governor Gray Davis said that Big Tobacco's actions prove one thing: The anti-smoking ads are working. California's smoking rates are dropping more rapidly than in any other state. Davis pointed out that between 1988, the year the anti-tobacco campaign was initiated, and 2002, California's per capita consumption of tobacco products fell by over 60 percent. The state's efforts have led other states to introduce similar measures aimed at curbing tobacco use.

Iraq in Desperate Need of Health Care

In recent weeks the United Nations and health organizations have requested well over $325 million in emergency funds to provide for the people of Iraq who are in desperate need of adequate health care. World health experts say that the current conflict in Iraq is likely to bring further deterioration to the overall health of Iraqis.

More than 20 years of war and economic strife in Iraq has taken a major toll on the health of Iraq's people. According to statistics compiled by the World Health Organization (WHO), one third of the country's children are malnourished and one out of every eight children dies before age five. The child death rate has doubled since 1990.

The current conflict in Iraq has already resulted in damage to electricity and water supplies in certain areas, which brings with it serious health risks. The money that officials hope to receive will help provide for the immediate nutrition, health and sanitation needs in Iraq. WHO predicts that additional funds will most likely be necessary to help implement a stable long-term health care system in Iraq.

Current plans involve increasing the capacity of health care facilities' and making repairs and improvements in them, as well as providing citizens with supplies of medications and medical equipment. Health care workers also need to be trained to recognize and better treat evolving diseases. Currently over 300 medical workers are in Iraq providing much needed assistance from WHO and other United Nations agencies.

Stress and Your Weight

By Allyson Stoodly

Here we are nearing the end of the semester and major assignments are piling up. Many of us are trying to balance athletics, fitness, work, school, and our family and social connections which amount to the equivalent of 2-3 full-time jobs. Our sleep schedule is diminished and many of us resort to drinking coffee and caffeinated sodas to fight fatigue. Not only is caffeine consumption high, our nutrition intake begins to suffer as the food choices we make are based on whatever is easy, cheap and the most satisfying – usually high in fat, sugar, and salt.

Everyone has heard about the correlation between stress and heart disease, heart attacks and blood pressure. Most people know that people under stress have lower immune function and are more likely to become sick. You have probably seen how some individuals under extreme stress seem to loose a lot of weight. This is a key point of focus. While it is true that stress can promote weight loss in some people, stress creates an internal disruption in homeostasis that may lead to weight gain and an increase of body fat. It also can lead to diabetes and cholesterol problems and the complications that extend from each of these.

When a person is experiencing psychological stress (or stress of physiological causes) various hormones are stimulated to cause a rise in blood levels of cortisol, epinephrine, and vasopressin. The body's response to the action of these hormones very complex. Simply put, though, the body is able to increase blood sugar, fatty acids increase in the blood, blood vessels remain constricted so that blood pressure rises, and the increase protein metabolism is dealt with sufficiently. Also, the body retains water and sodium.

Simple and accurately stated, stress is directly related to an increase of blood sugar, fatty acids in the blood, and amino acids (proteins). Long-term stress accentuates new stress on the body's homeostatic ability to maintain energy and can result in increased appetite with cravings for food high in fat, salt and sugar. Even if these foods are avoided, the body may send out frequent hunger signals. If the body is not fed in response, the metabolism will begin to slow down and the body will not be able to react effectively to the stress. The brain can send out messages that it needs to increase fat stores and the food coming in will be converted to fat with the slowing of the metabolism. Though the short-term effects of stress may be weight loss, the long-term effects will be fatigue, weight gain, and problems with blood sugar, hypotension/hypertension, high cholesterol, a high level of ketones (chemicals that the body makes when there is not enough insulin in the blood and it must break down fat for energy), and the increase of other health problems.

What can you do to avoid weight gain and combat stress?

~ Get at least 7 hours of sleep every night.

~Eat a diet rich in calcium, fruits and vegetables, proteins and complex carbohydrates such as wheat, brown rice, whole grains, oats…

~ Drink extra water and limit caffeine intake

~Walk! Walk to class, to the store, to a friend's house, up stairs, around the block…Even if you are scrunched for time, squeeze in a walk.

~Take a little longer in the shower to relax, sit and massage your feet, and do some stretches. Stretches and yoga movements promote breathing and healthy oxygenated blood flow providing a boost for mentality and metabolism.

Tea Believed to Boost Body's Defenses

by Paul Recer
AP Science Writer

An ordinary cup of tea may be a powerful infection fighter, a study suggests.

Researchers report in the Proceedings of the National Academy of Sciences that they have found in tea a chemical that boosts the body's defense fivefold against disease.

They said the chemical primes immune system cells to attack bacteria, viruses and fungi and could, perhaps, be turned into a disease-fighting drug someday.

Dr. Jack F. Bukowski of Brigham and Women's Hospital in Boston and Harvard Medical School said Monday that he and his co-authors isolated the chemical in the laboratory and then proved with a group of volunteers that it did protect against germs.

"We worked out the molecular aspects of this tea component in the test tube and then tested it on a small number of people to see if it actually worked in human beings," said Bukowski. The results, he said, gave clear proof that five cups of tea a day sharpened the body's defenses against disease.

Penny Kris-Etherton, a nutrition specialist at Pennsylvania State University, said Bukowski's study adds to a growing body of evidence that tea is an effective disease fighter. "This is potentially a very significant finding," she said. "We're seeing multiple benefits from tea."

But she said the work needs to be confirmed in a much larger study, involving more people.

In the study, Bukowski and his co-authors isolated from ordinary black tea a substance called L-theanine. He said the substance is found as well in green and oolong tea, which also are processed from traditional tea tree leaves.

Bukowski said L-theanine is broken down in the liver to ethylamine, a molecule that primes the response of an immune blood cell called the gamma-delta T cell.

"We know from other studies that these gamma-delta T cells in the blood are the first line of defense against many types of bacteria, viral, fungal and parasitic infections," he said. "They even have some anti-tumor activity."

The T cells prompt the secretion of interferon, a key part of the body's chemical defense against infection, Bukowski said.

"We know from mouse studies that if you boost this part of the immune system it can protect against infection," he said.

To further test the finding, the researchers had 11 volunteers drink five cups a day of tea, and 10 others drink coffee. Before the test began, they drew blood samples from all 21 test subjects.

After four weeks, they took more blood from the tea drinkers and then exposed that blood to the bacteria called E-coli. Bukowski said the immune cells in the specimens secreted five times more interferon than did blood cells from the same subjects before the weeks of tea drinking. Blood tests and bacteria challenges showed there was no change in the interferon levels of the coffee drinkers, he said.

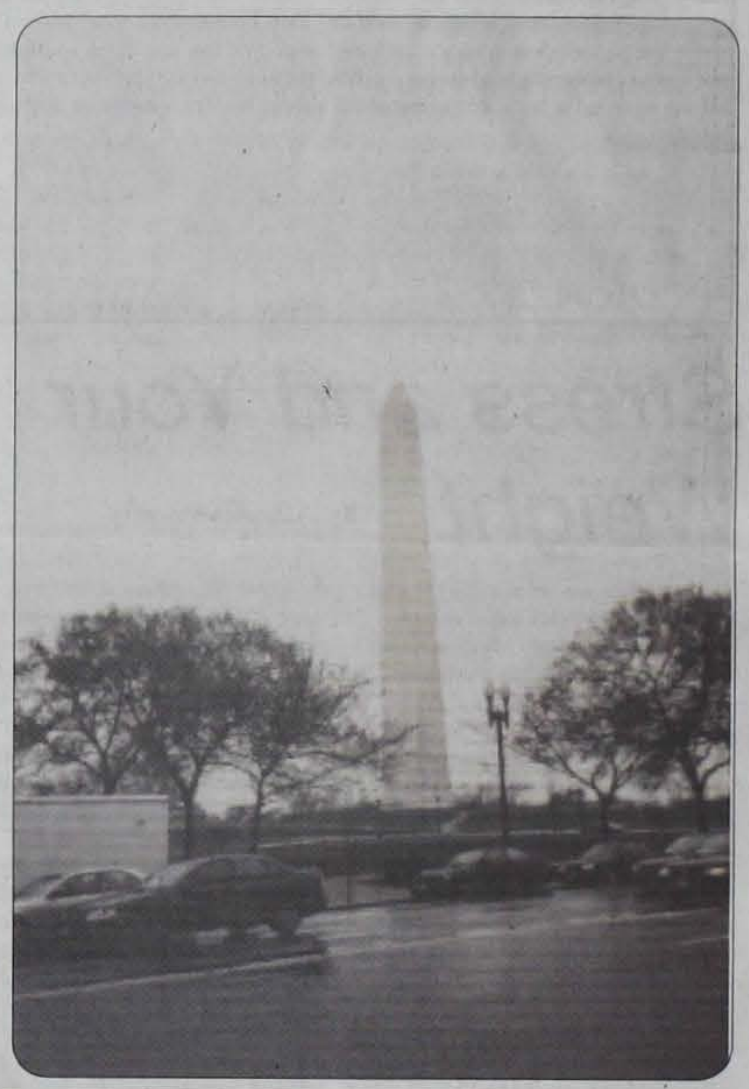
Bukowski said it may be possible to further isolate and refine L-theanine from tea and use that as a drug to boost the infection defense of the body.

The health effects of tea have been extensively studied. It has been linked to lower heart disease and cancer risk through the action of flavonoids, a type of antioxidant. Other studies have linked tea to helping combat osteoporosis, the brittle bone disease, and to relieving some allergy symptoms.

EVENTS

Alternative Spring Break 2003 in Washington, DC

Photos by Rebecca Becker



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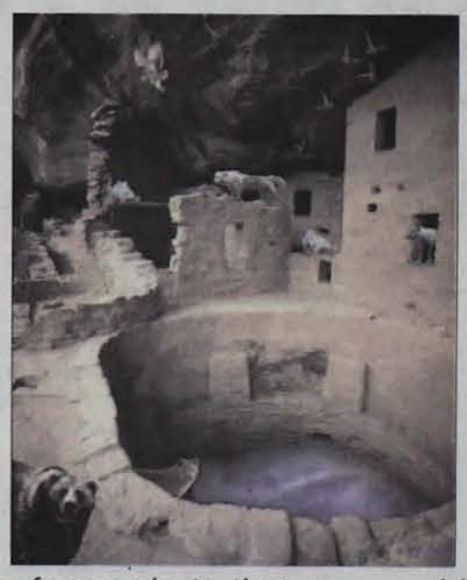
Surreal Life

This week's picture made and submitted by "Batman"



If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu

CSC Chorus Visits Italy, page 3

What is your Fishwich made of? Page 5

Campus pinkeye epidemic, page 7

The Student Newspaper of Castleton State College - Castleton, Vermont

The Cairn

May 8, 2003

-Est. 1960-

Tuition is on the Rise

by Kirk Middleton

Tuition at Castleton State College will be raised approximately five percent for the 2003-2004 school year. According to documentation provided by Castleton President Dave Wolk, Vermont State Colleges, tuition and room & board for an in-state student will be $11,659, up from $11,134. For an-out-of state student, the cost will increase from $17,346 to $18,213.

The reason for the tuition rise is due to the state under funding higher education programs while balancing the budget.

"There is a direct correlation between state under funding and tuition costs," said Wolk.

The Vermont State Colleges Board of Trustees made the decision after learning what the state appropriation would be. The board was able to balance the budget and at the same time keep the rise below the national average of 10 percent. "I wish the rise could be lower than five percent," said Wolk.

Wolk said that if Vermont contributed more money towards college funding, tuition rates would not be going up. "We have the most underfunded state institutions in the country," said Wolk.

Cindy Kilic and a number of other Castleton students delivered a petition to the VSC Board asking for better state funding. Approximately 650 CSC students and faculty had signed the petition that requested Vermont Legislators to improve funding of higher education.

"Every state is having problems with their budget and have been cutting funding for education," said Wolk.

The New York SUNY School system will be raising its tuition by 41 percent. The increase at Castleton might seem insignificant in comparison, but for the average Vermont student such as Eric Dwyer, paying an additional $500 is no small matter.

"State Colleges are supposed to provide a less expensive education for youths. When state colleges become more expensive then private institutions many will miss out on an affordable education," said Dwyer.

For out-of-state students, the increase will be approximately $1000, digging at the pocketbooks of such students as sophomore Gretchen Lips. "I'm going to be paying close to $20,000 a year to be here. That's outrageous," said Lips.

A controversy exists in the VSC system centering on the VSC chancellor receiving a raise at the same time that the tuition hike has been approved. Many on campus feel the two are directly connected.

"The chancellor's getting a raise seems to be linked to the rise in tuition. If he wanted to give himself a raise than he should just wait until after the record freshman class arrives this fall," said Lips.

Students such as sophomore Doug Wilmot are against the rise in tuition unless improvements are made on campus. "I am decidedly against the tuition hike, but if the tuition hike helps a small Vermont college compete better and brings about visible changes than I will respect the respect it," said Wilmot.

Weather Forecast

Today, May 8

Few Showers
High 66 F, low 44 F

Friday- partly cloudy, high 68 F, low 46 F
Saturday- partly cloudy, high 65 F, low 47 F
Sunday- partly cloudy, high 65 F, low 47 F

Source: Weather Channel

"We are confronted by a first danger, the destructiveness of applied atomic energy. And then we are confronted by a second danger, that we do not enough appreciate the first danger"

-Raymond G. Swing

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Kevin Osbone in *Three Penny Opera* courtesy of castleton.edu

Castleton Student Receives Award at Major Theatre Festival

by Renee Bishop

Kevin Osborne, a Castleton senior, became the first from the school to perform in the national Kennedy Center American College Theater Festival finals that were held April 19. Osborne won the Irene Ryan Classical Acting Award and scholarship that entitles him to a summer in London.

Osborne will be spending July and August in London studying Shakespeare and his contemporaries at the London Academy of Musical and Dramatic Arts. "This proves that no matter what school you go to, you can accomplish huge things," said Osborne.

The American College Theater Festival began at the regional level the week of January 29. 150 students from each region took part in the festival; this year eight Castleton students participated. The semi-finals included 36 from the region and only two were chosen to go on to the finals, Osborne being one. In the finals, Osborne competed against the top 16 college students from around the country.

Osborne spent five days in Washington, D.C. before the awards took place. He was given master classes in stage combat, voice, and comedia Del arte. In the finals, each student was given five minutes to perform a scene and monologue for judges and an audience of 500. Osborne performed Terrence McNally's Lips Together, Teeth Apart for his monologue and performed a scene from Howard Korder's Fun.

In the past, Castleton students have made it as far as the regional finals. Osborne has been there twice. Winning this award at the finals will give him a good opportunity in London, he said.

"Kevin is an acting animal," said Harry McEnerny, head of Castleton's theater department. "He has the tools to go far and shine, and he makes it look effortless." McEnerny said he feels a real sense of accomplishment for Osborne. He is very proud of his theater students and finds the festival to be very valuable for him to see if his art is working. McEnerny said in his opinion that all his students performed as good as ever this year.

After Osborne's studies in London, he will set his standards high. "I will see where everything takes me," he said. Osborne wants to show off his work to everyone, not just small audiences. His biggest dream is becoming a movie star, "I don't want to stop until I get what I want," said Osborne. On the other hand, he said it is fine to be just paying the rent as long as he is doing what he loves, acting.

Osborne can be seen performing in the upcoming Castleton production of Rumors that is on May 5 and 6. After that, he will go on to London, to the academy he calls, "the best place to study theater in the world."

EDITORIALS

Farewell...

The Cairn has completed another semester. I hope the changes this staff has accomplished last for a while, because we are proud of the work we have done and spent much time and dedication on this publication. The Cairn has been developing well this past year. I hope that the improvements spark new interest in the production of the college paper for next year, because there will be new editors next semester, and they will need the support of the campus and the help of fresh, motivated writers.

The current editors- myself and Tom Casale, the Managing Editor, will both be seniors this coming year, and we both feel that while the paper has been a worthwhile experience, we must concentrate on academics in our last year. The layout director, Amanda McIntyre, is also stepping aside for someone else to fill the spot. I won't mislead anyone into thinking that being a member of the staff is easy, or without much work, but I will tell you that it has been worth it. I feel privileged to have held this position, but now it's time to let someone else give it a try. I hope the new staff enjoys this opportunity as much as I did. Rebecca Becker, this semester's News Editor, will take on the role of Editor-in-Chief. She is a capable, organized individual with a ready sense of news. She has assembled a full editorial staff, something we didn't have this semester. However, the most important part of a newspaper staff is the writers. I must acknowledge the help of the Genres class, and thank them for their stories throughout the semester.

College is a place where you try new things, so if you've read this paper, you should give writing a try next year. I plan to stay on the staff as a writer, myself, though I can't dedicate the time it takes to run the show next year. It would go much smoother for next year's staff to have more writers in place. Seeing your name in print and knowing other students are reading your work is a great feeling. Also, as I've said before, being a member of the paper staff is a great opportunity for Communication majors to experience journalism in action. The paper is open to any student, and the more members we have, the better The Cairn will become.

-Billie Pisaniello-

Letters to the Editor

DEAR EDITOR

As a student who has already completed the soundings requirement I would like to say this:

Rusty DeWees' performance was one of the best soundings funded performances I have ever seen. I was appalled to find an apology in my mailbox this morning. Maybe a more appropriate letter would have given a definition of the term "liberal arts", and a listing of the soundings course description.

1. (Dictionary definition of Liberal Arts) Academic disciplines, such as languages, literature, history, philosophy, mathematics, and science, that provide information of general cultural concern: "The term 'liberal arts' connotes a certain elevation above utilitarian concerns. Yet liberal education is intensely useful" (George F. Will).
2. (Soundings Course Description) The student experiences the richness and vitality of the liberal arts through lectures, plays, recitals, poetry readings, dance performances, and other campus-sponsored cultural and intellectual activities during the year.

I find it disheartening that the soundings professors are so willing to issue apologies to offended students. Certainly "The Logger" can be considered "information of general cultural concern". If I remember correctly the issue of civil unions in Vermont was a heated topic, one that no student at CSC is unaware of, especially after pictures and articles were run on the front page of the New York Times. Rusty DeWees did nothing more then add a 'twist of true Vermont culture' to the issue. I realize that in this time of excessive political correctness we need to be aware of students and their personal views, but this should not obstruct the education of others, nor should it shape the soundings performances. If we were to go down a path whereby soundings students (and the CSC campus at large) were shielded from events and performers because of the fear of upsetting a specific group of students, the soundings program itself should be cancelled. As I understand it, the soundings program is a requirement because CSC feels that the cultural benefits from the performers will help to enlighten students about the world around them. Take the cultural benefits away from soundings and you have taken the program away from its mission.

I saw just one apology in the email. If you must issue apologies to all who could have possibly been offended by the performance, please include: flatlanders, one legged dogs, anyone who knows someone in the Vermont State Hospital, and people who pass gas in the bathtub. If you feel that these apologies are unnecessary then please reconsider sending an apology at all the next time one group of people are offended and add Rusty DeWees to your list of soundings events for next year as well. sincerely, Liam Fracht-Monroe

DEAR EDITOR

We have all deservedly heard of the terrible cases of war crimes committed recently by the Iraqis. But why have we not heard of the war crimes committed by the US. There have been cases of the US violating or potentially violating international and Geneva accords. A UN resolution has declared that the use of depleted uranium shells, which the US has regularly used, is a violation in that the UN has labeled DU as a Weapon of Mass Destruction (we do it too!). Thousands of civilians will suffer diseases in the future, as doctors have documented from the past. And the weapon violates at least five international treaties. Also, the use of cluster bombs in population areas has been roundly criticized by human rights groups. And US stated possible (actual?) use of riot-control substances (like tear gas) is also considered a chemical treaty violation..

The bombing of TV stations in Iraq is against the Geneva accords unless the stations are being directly used for military purposes. The head of the relevant international journalist association has already come out strongly against that. There are the cases that journalists have condemned of the US military attack on the Palestine Hotel for foreign journalists, when journalists contended no fire came from the hotel first Also, US special forces have been going without uniforms in Iraq (obviously that is the intention to be undercover). The answer given by a government/military spokesperson about that was total doublespeak.

Also, a non-embedded Australian senior correspondent wrote about observing and being sent away from a school where US military was occupying and Kurds were not very happy about; i.e., use of civilian location for military work. And while Iraqi parading of US soldiers in front of the camera was cited, how about US parading of in the Guantanamo Bay base and in Afghanistan.

Prof. Neil Wollman, Manchester College, Manchester, Indiana

Do you have something to say to the editors of The Cairn?
Send questions or comments to
cairn@castleton.edu

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News

CSC Chorus Travels to NYC and Italy

b y Scott Lanphear

The Castleton State College Chorus traveled to New York from April 13-16, performing at various junior high and high schools throughout the state. The trip to New York was its second trip this semester. Their first was to Italy during February break.

According to Dr. Randy Haldeman, director of the chorus, the trip was part of an annual tradition of going to a different state in the Northeast area each year to perform in an effort to recruit students to the Music Department at Castleton State College. Last year's trip was to New Hampshire. Next year, the chorus intends to tour Massachusetts.

Haldeman noted that this year's trip was different from last year's trip, because in New Hampshire, the chorus went quickly from one school to the next, performing for the students at one school before quickly moving on to the next school. This year, the chorus spent larger periods of time at each school, talking with the students at the various schools. Next year, Haldeman intends to take a combination approach where the students spend long periods of time at some schools and lesser time at others.

During the February break, members of the chorus traveled to Italy. They performed at various places, including the Pantheon in Rome, the Cathedral in Florence, the Cathedral in Siena, and perhaps the most important Cathedral in the world for music, St. Mark's Basilica in Venice, which Haldeman described as the place where modern music began.

Haldeman noted that the Basilica was very exclusive, and in order to perform there, one has to apply years in advance. Nevertheless, Haldeman decided to ask one of the caretakers of the Basilica if the chorus could perform there. The caretaker refused, but then a senior priest overturned the refusal. He liked the idea of having the chorus perform as a way to kick off the celebration of Carnival, a celebration that precedes the Christian season of Lent. Haldeman called it "a once in a lifetime experience."

Haldeman said that the chorus wasn't planning any more overseas trips for another three years. He said that the chorus is part of a course that is offered every semester and may be taken for or without credit.

Photo By Scott Lanphear

CSC Chorus inside the Colosseum

Photo Courtesy of Jane Foley

Henriette Mantel to Speak at Graduation

by Rebecca Becker

Comedian, actress, and writer Henriette Mantel, a 1976 Castleton graduate will give the 2003 Commencement Address, Saturday, May 17.

Originally from Newfane, Vermont, Mantel came to Castleton her junior year after she bounced around colleges. In the 1994-1995 Castleton alumni magazine she says she came to Castleton largely because her brother Jeff Mantel '73 had attended.

Mantel lived in Morrill Hall, and was rookie-of-the-year on the lacrosse team. "Frankly I didn't know what I wanted to do," Mantel says. "I wasn't overly focused. I went for interesting courses rather than what I was going to do with my life." Mantel majored in American Studies, and mentioned in the alumni magazine that she especially enjoyed classes offered by Professor Bill Kuehn.

Mantel began working as a regular on the standup comedy circuit, frequently appearing on such television anthologies as Caroline's Comedy Hour and Evening at the Improv, as well as making guest appearances on the nightly series Politically Incorrect With Bill Maher.

Most of her stand-up comedy dealt with her Vermont up bringing living on a farm. Mantel has a well-known commentary on makeup. "Everyone has to be pretty, pretty, pretty! I don't have time every single day to put on makeup. Some of my friends—half and hour, 45 minutes. I don't have that much time. I need that time to clean out my rifle," said Mantel.

"I hate chickens. Every day I had to feed them, water them and collect the eggs. Every time I bite into a chicken I'm so glad because that's another one dead."

Mantel was advised by another comedian, Paula Poundstone, to get off Washington D.C. if she wanted to make it in comedy. Soon after Mantel moved to San Francisco her career took off, but she admits to getting homesick. Mantel returned back to the East Coast and set aside two years for acting school in New York City.

While still living in New York City she was interviewed by the Burlington Free Press in 1990, and said "Don't tell anyone where I live because I still owe Castleton money on my college loans."

In 1993 Mantel appeared in 13 episodes of Good Advice, a sitcom starring Shelly Long, and after trying out four times for roles with Paramount Pictures she landed the role Alice in The Brady Bunch Movie in 1995, and the popularity of the film landed her the same role in the sequel A Very Brady Sequel in 1996.

More recently, Mantel's works include writing for Michael Moore on The Awful Truth where she was nominated for an Emmy, and appearances on NBC'S Friends in 2002 where she played a nurse in the hospital where Rachel was having her baby. Mantel also made a guest appearance in 2000 on NBC's Will and Grace where she played the role of a girl named Annie.

Last year Mantel won an Emmy for producing the hit MTV show The Osborne's, and wrote a piece for the HBO's US Comedy Arts Festival titled Girl Talk, a story of one women's journey after the September 11, 2001 tragedy.

SA Update

by Lindsay Hale

The school year is winding down and summer break is almost here. The Student Association (SA) is also winding down and preparing for next year. The most important thing on the agenda is the SA budget, which is slowly being assembled for next year. The Clubs are now meeting with the finance board to determine each budget for each club. All budgets must be set by the end of the school year.

As most of you know spring weekend was last weekend April 26 and 27. It was moved to the gym because of rain but it still remained a success. There were bands, cotton candy, snow cones and lots of inflatable toys like sumo wrestling and an obstacle course. The barbecue is rescheduled until this coming weekend May 3 and 4 for the Scorpion Bowl.

The SA is also preparing for awards day which is when the SA honors those special people that are nominated by there peers for certain awards. At this point they are selecting the awardees and the date that the event will take place. Keep a look out for flyers and your Castleton email to know when awards day will be taking place.

The SA is also looking for people to be College court justices. This job consists of attending judicial hearings and running elections. If you interested applications are available on the SA office door on the third floor of the campus center.

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Rich Glasscock

News

Public Safety Crackdown at Campus Concert

by Jennifer Pyrik

One student was arrested and Public Safety wrote up many more at a concert held Monday night in the campus ampitheater. At least four Public Safety officers attended the concert, verifying that no students were consuming alcoholic beverages, regardless of age.

One student was asked by Public Safety if he had been drinking when they found an empty beer can nearby. After being incorrectly accused the student left with his friends. While walking back to the dorms, Public Safety continued to follow the student and his friends. When the student arrived at Adams Hall, another officer searched the group's belongings before allowing them to enter. No alcohol was found.

A Castleton Police officer was brought to the scene, and upon arrival immediately handcuffed him. The student was questioned about the beverage he was holding, which turned out to be a rootbeer. When one of the student's friends attempted to ask the officer about the charges and a badge number, the officer answered neither question. "The cop refused to give his badge number and said if he asked again he would also be brought down to the station," said Alicia Ward, a witness.

Many of the students who were witnesses were shocked that an innocent student, who, if intoxicated, though not consuming at the time of the arrest, was treated with such force. "The cop got out of his car, charged at the poor kid, grabbed his shirt and slammed him against the building. I couldn't believe what was going on," said Josh Ikeman, also witness to the event.

This leaves many questions as to whether or not public safety is being too harsh on students who may or may not be at fault. It is not yet determined whether the student was in fact intoxicated, however, the student was not carrying any alcoholic beverages at the time of the accusation or arrest.

CSC Student Mascot to Become Disney Character

by Jessica Bass

Sophomore sociology major Mary Frattalone of Castleton began questioning what she was going to do with her life while at home in Connecticut over this past semester break. Having always been intrigued by the magic of Walt Disney World she decided to make plans to fly down to Florida the next February break to visit a friend who currently works there and try her luck at an audition.

Out of 80 people who auditioned, less than half were accepted to become a character within the seven theme parks that make up Walt Disney World. Frattalone was one of the accepted.

Once back from break Frattalone was surprised to see the Disney recruiters for the Disney College Program clustering Castleton's campus. She asked one of the recruiters if it was possible to be accepted in to the college program as the role of a character explaining how she had already auditioned and had the job. At first the recruiters said there was no way she would be able to be a character and participate in the program.

But, after a little persistent begging by Frattalone, and a special phone call made by the recruiters, Frattalone was told she would be the first student ever from Castleton to work as a character in Walt Disney World while participating in the Disney College Program.

When asked what it feels like to be the first Castleton student ever to make it into the college program as a character Frattalone said, "I am so excited! I just can't wait to get down there." In spite of her excitement Frattalone also said how much she was going to miss Castleton and she's not happy about leaving her friends from college.

Frattalone will be participating in the fall session of the Disney College Program that lasts from August 20 until January 3. Although she does not know exactly which character she will be until she gets down to Florida, she has been told she is perfect "mouse height."

Having been a competitive dancer for the past 15 years, Frattalone incorporates her performing talent into sharing the role of Sparty the bird on Castleton's campus. Frattalone can also be seen around Castleton participating in the Student Orientation Staff, and Alternative Spring Break. She is also a member of the Campus Center Advisory Board and is usually seen giving tours around campus as an Admissions Office employee.

Over the summer Frattalone plans on going back home to work as much as possible to make money and spend time with her friends and family whom she said have been very supportive of her decision.

courtesy of jsballet.org

James Sewell Ballet Continues to Dazzle Castleton

by Christy Howe

On April 10 at 8 p.m., the James Sewell Ballet performed as a Soundings event in the Fine Arts Center and was warmly received with a standing ovation.

The James Sewell Ballet is a six member contemporary ballet whose vast repertoire involves classical ballet, modern dance, and the classical pieces of the 20th century such as jazz, swing and the blues. Their numbers are set to the music of Beethoven, Mozart, Bach, Scott Joplin and Gershwin. They travel all around the United States and abroad to countries such as France, Germany, and England.

Based in Minneapolis, Minnesota, the company was established in New York in 1990 by James Sewell who was reowned gymnast, dancer, and magician. Later moved to Minnesota, the ballet operates as under the structure of a modern dance troupe: mobile, small, and financially viable.

The ballet's missino statement is to perform repertoire by living choreographers that is diverse, appealing, accessible, and understandable to a broad audience. The ballet enjoys performing in areas where dance has little or no presence, continuing to expose ballet as an art form to all ages , ethnicities, and social classes.

Performing at Castleton as a Soundings event since 1993, the James Sewell Ballet is always a very popular event. "The artistry of the ballet was superb. I was impressed," said Castleton sophomore Jaclyn Peschke. "I think that's why the James Sewell Ballet has performed here at Castleton for so many years."

Performing at Castleton for nearly ten years, their shows always include a wide array of musical pieces. This year they performed pieces such as "Small Hotel", "The Poor Apache" and "Blue Moon".

The James Sewell Ballet has become a Soundings tradition at Castleton that most likely will continue for years to come due to high student interest. For as freshman Stefanie Martin said, "I hope they come back, I was never really interested in ballet until I saw them perform. I'm lookng forward to their next performance."

Fireside to Undergo Changes for Next Semester

by Eric Piper

Fireside Cafe and Lounge, located on the bottom floor in the Campus Center, is about to undergo a transformation.

In past Years there have been many complaints about the food offered on campus, and in response to these complaints a committee has been formed to look into the growing concern and aid in the redesign of Fireside.

As of now, there are plans to tear down the wall that separates the serving area from the dining area, to make it more accessible to students and to enlarge the surface area so that there can be more options on the menu.

"We have roughly $200,000 for the renovation," said Dean Stone, a member of the newly founded redesigning committee. "Quite frankly we are limited right now by space as to what food we can produce."

Other thank ripping down a wall, the change will also include a renovation on the menu. New foods will be added to give the menu as much diversity as the students who eat there.

The finishing touches in this plan should be completed by the beginning of summer, and the renovation is hoped to be complete for the beginning of the Fall 2003 semester.

Features

"We Have the Right to Walk Safely at Night"

by Corinne Casella

The chant "we have the right to walk at night," grew louder and stronger as the Take Back the Night marchers wound their way around campus. Through the falling snow, with their white candles ablaze, members of the Castleton community showed their support for the victims of abuse.

The Take Back the Night march and speak-out has been an annual event since 1996. Sara Patch, a former Castleton student and founder of the Women's Issues Group helped to bring the march to Castleton. She approached Professor Linda Olson, faculty advisor for the Women's Issues Group (WIG), and expressed an interest in creating a version of the event for the Castleton community.

According to Patch and Olson, the event started with humble beginnings as a quick "run" around campus due to the inclement weather and had few participants. In 1996, Patch founded WIG, ever since the group has helped to organize the event. Now, eight years later, the march, speak out, and clothesline project have become an integral part of the Castleton community.

Another important part of the event is the clothesline project.

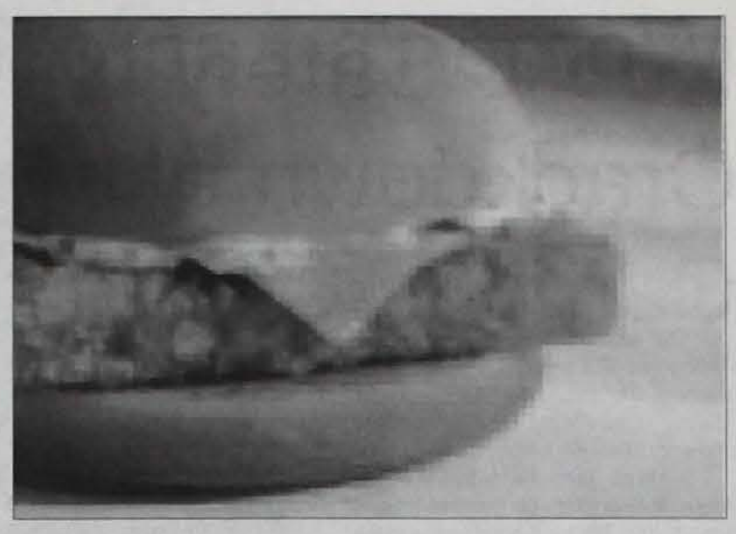
Displayed in the Campus Center are t-shirts strung on a clothesline exhibiting people's thoughts on the issue of abuse. Some of the t-shirts are dedications to friends and family who have been victims of abuse, others are letters written to a person's abuser. Poems, stories, and pictures are also used to creatively express the effects of physical, mental, sexual, and emotional abuse.

Patch began this year's event by giving a stirring speech discussing in part the continued relevance of the event. One of the highlights of her speech was her address to the people who are or could become rapists, referring to the importance of men at these types of proceedings and what they can do to stop the violence. "I think this was the best speaker ever because she was the actual and original organizer, she knew exactly the culture of the college and the history of rape in this college," said Professor Sanjukta Ghosh.

Each participant received a candle and the words to the empowering chants. The group made its way around the residence halls and through the parking lots behind academic buildings. They then ventured onto Main Street and looped back onto South Street to the Campus Center. Officers of Public Safety monitored the march to help make it a safe one. After the march was the speak-out, where anyone is invited to get up and talk about either his or her own experiences with abuse or the experiences of people they know.

Professor Olson, who has been involved in the march since its inception on this campus said, "One thing this event has consistently done is it has sparked activism in survivors of sexual assault. Frequently at the speak out survivors are speaking publicly about what happened to them for the first time. This often makes them feel empowered and so they get involved. I don't think there is any better way to overcome being victimized than to become an advocate for other victims."

Shannon Lowcock, Vice President of WIG wants people to know that, "This event is for everyone, not just victims, or women or students, but everyone because sexual assault is not just a women's issue, it is a societal issue and we are all affected by it."



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Behind the Fishwich

by Nick Smith

Do you know what you're eating?? As people of the American society, we like to believe that we are receiving the very best of life's necessities. A sturdy home, clean water and sanitary food. But, do we truly know where our food comes from? And if we do, are we certain it's handled properly?

To base these questions on our entire diets would be impossible. Think of the scandals that have plagued many food markets. Meat packers and slaughter houses have been notorious in hiding less than sanitary conditions from the general public. But what about the fishing industry?

With many Americans recently finding the unhealthy side effects to consuming red meat, many have turned to fish for a healthier choice.

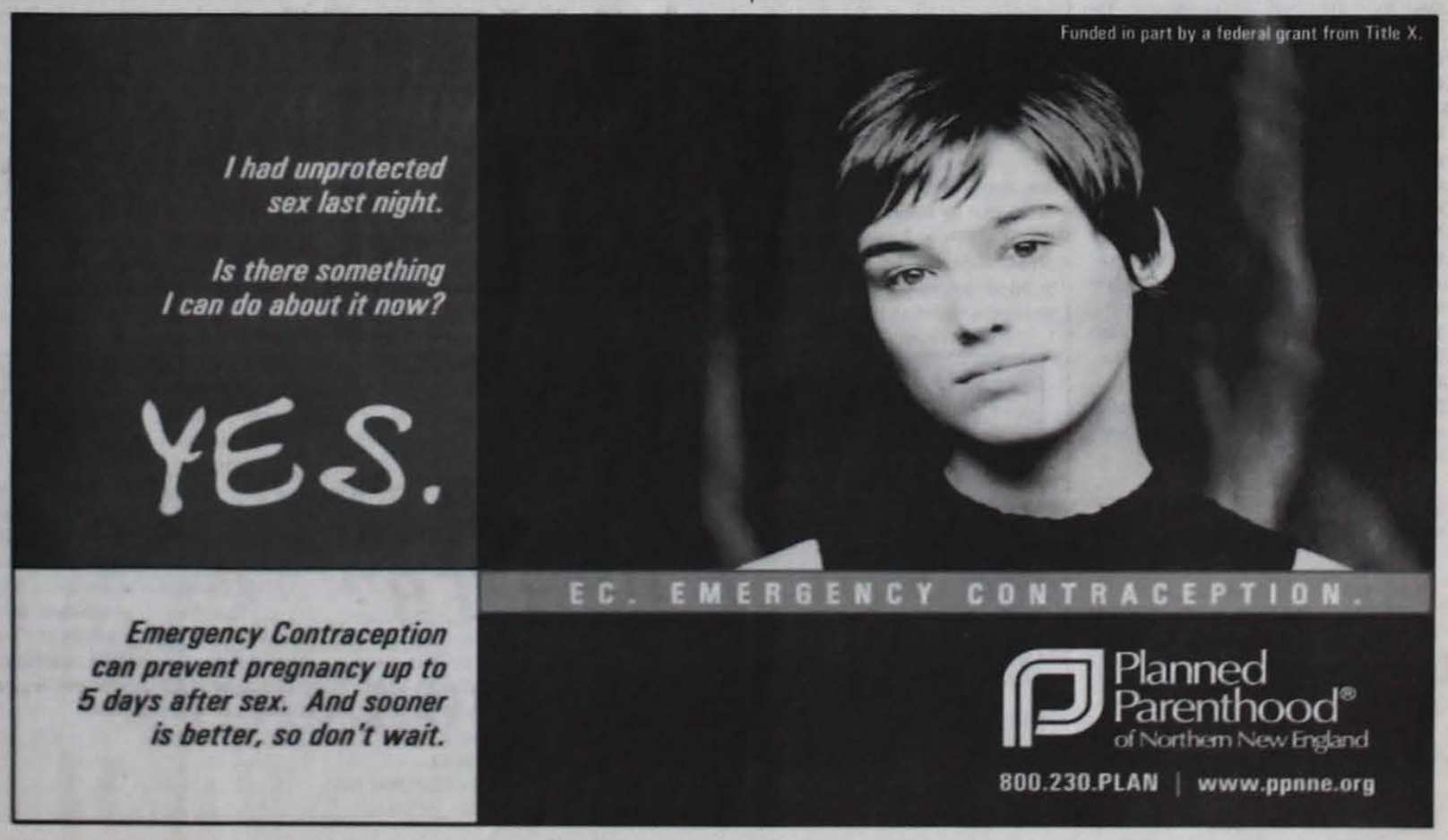
If you only knew...

I was raised in a small New England town where commercial fishing was a common practice. This wasn't the common salt water traulling that many associate with harvesting the societies catch. But fishing for freshwater species which aren't regularly considered an acceptable delicacy. The marketable species that built our daily catches ranged from bluegill to catfish to crappie, and every pan fish in between. These were species mainly consumed in the southern region of the U.S. and not usually introduce into the open market. Oddly enough, dinning consumers took to these lesser fillets like a fish to water. Crappie was the star, being added to every local fish house's menu. Along with its fishy counterparts, consumers couldn't get enough of the mild flavor and easy accessability of the new freshwater fish fillets. But the restaurants needed to be supplied...

Here is where I came in, along with every other teenager and unemployed joe who owned a pole and had the "time" to fish. Middlemen crawled from the wood work to cash-in on the quick, and tax free wealth of market fishing. People used their businesses, homes and outbuildings to house bins of ice and fish for the lead buyer. It was a great racket. Middlemen were paid per pound to collect and house the daily catch from successful anglers and with no overhead!

So came from the overnight fishing extravaganza, a price per pound for success. Anglers checked local rates like stock points to better their profit. Bait shops watched bait and tackle sales sky rocket and dealers made a killing. Fish were being pulled from local waters at alarming rates.

continued on page 6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Sports

Women's Lacrosse Recruits Players

by Dale Schaafsma

This year the women's lacrosse team was forced to recruit players in order to have a season.

According to Natasha Keagly, a women's lacrosse player, the team had six players when practice started in February. The first six players on the team were Lua Amenden, Meghan Carey, Megan McNeill, Kaitlin Cioffi, Rebecca Bodette, and Natasha Keagly.

With only six players on the team, it was difficult for the team to practice. Miche Chamberlain, head coach of the women's lacrosse team, didn't create plays because more players were needed, said Keagly.

The first six players on the team worked very hard to recruit the other eight players on the team, although they desired more players.

The "process was long and hard, and we hardly succeeded in getting the number of players that we needed. Most of the teams we played had at least 20 players," said Keagly. She also said that the players gradually joined the lacrosse team.

Keagly said there were 14 players on the team. But Cioffi was injured when she collided with a lacrosse player in a game against Worcester State College on April 21. Now the women's lacrosse team has 13 players. Cioffi injured her shoulder, which now pops in and out of place.

The team is down to a minimum number of players. According to Katie Fortune, the number of players required to play a lacrosse game is 12.

Fatigue was a factor with the women's lacrosse team. Keagly mentioned that it was hard for them to maintain energy in the second half of games.

Fatigue, however, wasn't a factor in the women's lacrosse game on April 17, against Elms College. Castleton defeated Elms College 9-4 in a home game for its first conference win.

"Our team dominated the game, but in my opinion Elms College shouldn't have scored at all," said Keagly. She mentioned that Elms College played poorly. In the game, Meghan Carey had three goals and two assists. Megan McNeill and Lua Amenden each scored two goals.

Keagly said, "Jennifer Partridge and Heidi Stefus both played a really good game defensively. Another player that stood out was Kaitlin Coiffi with her awesome ground ball pick-ups."

Fortune said that the conference win was also very important because the women's lacrosse team needed two conference wins to make it to the semi-finals of the North Atlantic Conference Tournament.

"The team has a great potential to be stronger. We are a very new, inexperienced team. Five players have never played before. Several players have only played one year," said Fortune.

Behind the Fishwich, continued frompage 5

Buckets upon buckets, coolers upon coolers were loaded into boats from the fertile waters. Fish resembled body piles on battle grounds more then a common stringer of fish caught for the evening meal. But we kept fishing. Only the best who could invest the time and effort were allowed into the
fishing clique. Catches were compared and stories were swapped at the local bait shop. This was the enjoyable aspects of the business. But consumers weren't as thrilled as fishermen…

With the market booming, fish began to pile up at local drop off points. Normally this would a be a boost to the dealer's pockets, but with the thousands of pounds piling up there was only so much room for ice. Fish once kept cool by the ice of insecure and unknowing fishermen were being stored with little to no refrigeration. It only took the small amount of knowledge that buyers were accepting fish regardless of condition to prod anglers to by pass proper icing and
just worry about the catch. Blow flies followed by maggots traversed angler's catches. Fish once prepared and stored in adequate conditions were now being held in a sea of bacteria. Held up to several days until the main buyer collected the bins, the dead fish were laid to fester in their own
juices until the trucks arrived.

These conditions certainly wouldn't tempt many consumer's palates. But you as a fish consumer may be thinking that you were one of the farthest from the "fresh" fish epidemic. You never ate fresh water fish at restaurants or bought it at markets. So you are safe. But there was those few times that you did stop for a Mcdonalds Fishwich just for a change. Not all the fish were simply filleted and left to be sold at local restaurants and markets. Many went across the country to be processed at Midwest fish plants. Still think you're safe? I'm afraid you might be surprised. The fish regularly hauled to the mid west were formed into the fish patties that you've eaten at the famed golden arches. There was no way of knowing. Don't blame yourself. But remember, every fish fillet that you eat could be one of the infamous local catches. Maybe you should catch your own?

Wizards' Pollin Must Decide on Jordan

By JOSEPH WHITE
AP Sports Writer

WASHINGTON -- Washington Wizards owner Abe Pollin wants to do what he believes is right for his team this time, even if thatmeans saying goodbye to Michael Jordan.

At his state-of-the-union speech to Wizards employees last week, Pollin gave a hint of his mind-set heading into a crucial meeting with Jordan on Wednesday.

Pollin said while he has been always been a "league guy," he is now going to do "what's best for the franchise," according to two team sources familiar with the speech and speaking on condition of anonymity.

Pollin's clear implication was that he would not be swayed by anyone when he makes his decision about whether to continue his relationship with Jordan, who had planned to return to the Wizards' front office after his two seasons back on the court.

So, it's unclear if Pollin will welcome Jordan back as president of basketball operations next season. He held the job from January 2000 to September 2001, when he announced he would return as a player.

At Wednesday's meeting, Jordan will ask for the same authority he had before. Pollin will want to hear Jordan's plans.

"I'm just hoping that Michael and Mr. Pollin will be able to sit down together and get this resolved," coach Doug Collins said, "so we can move forward."

Despite reports of a rift within the franchise, Jordan said again this week that he wants to return.

"When I came down from the front office to play, I said at that time I wanted to play for two years then resume my duties running the basketball operation," Jordan told The Washington Post. "I always wanted to resume my responsibilities, always."

It's a dfficult decision for Pollin, a 79-year-old owner looking for one more title. In the end, he must either turn away the world's most popular basketball personality and start from scratch or give control to someone whose management record is spotty at best.

The meeting comes amid a feeling of general discontent throughout the franchise. Players have been unhappy with Jordan and Collins.

Collins criticized players for being disrespectful. Jordan didn't like his teammates' effort. Pollin's sendoff for Jordan at the last home game was tepid, and his statements about the prospects of Jordan staying on have been surprisingly neutral.

The New York Times reported Sunday that unidentified team executives have concerns about Jordan's work ethic as an executive.

"If they've got a problem with me, I'd like to hear it from them," Jordan told the Post.

Working against Jordan is his record. The Wizards are 110-179 over 3 1/2 seasons since he became the top decision-maker -- he still essentially ran the team while he was playing. He acquired every player on the current roster except Jahidi White, yet the Wizards just finished 37-45 for a second season.

Collins points out that Jordan inherited a salary cap mess.

"I think it's moving in the right direction," said Collins, whose future will be in doubt if Jordan doesn't return. "For the organization to be in a situation where they'd want to start over, that would be awful. We're too close now."

If Pollin isn't confident in Jordan's abity, he might not like the alternative either. If nothing else, Jordan put the Wizards on the map. If he leaves, the franchise could easily return to its 1990s status as a nondescript perennial loser with no national profile.

Pollin and Jordan will have several questions to resolve. Will Jordan run the team from Washington or Chicago, where he won six championships with the Bulls? Will Jordan ask for say-so over how the team is marketed, infringing on the territory of Pollin loyalist Susan O'Malley? Jordan,Pollin and minority partner Ted Leonsis must also discuss the terms for Jordan to buy back a share of the team.

Pollin mentioned Leonsis in two other two key points to his speech last week. He said Leonsis would not be buying the WNBA's Mystics, and that there was no feud between Pollin and Leonsis, according to the sources.

Pollin, Jordan and Leonsis were unavailable for comment Tuesday.

If it doesn't work out, Jordan will contemplate his next move. He denied he has had preliminary talks with his friend Robert Johnson, who owns the new Charlotte franchise, but he knows there are others who would gladly take him on.

"My loyalty is to Ted Leonsis, to Abe Pollin and to D.C.," Jordan told the Post. "Now, if things don't work out in D.C., and I really want them to, then I may have to explore other options."

Want to be a SPORTS WRITER?
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Health

Pinkeye Prevalent On Campus

by Jess Dewey

Photo: Billie Pisaniello

Mike Acampora, who will graduate from Castleton this spring, knew there was something wrong when he awoke with an itchy, burning sensation in both his eyes one morning in mid-April. "My eyes were gooey and pink. It was disgusting and it hurt." A quick visit to the Wellness Center was all it took for Acampora to find out he had pinkeye and he was not the only one. "Pinkeye spreads very rapidly around schools, or anyplace where there are kids," said Deb Choma, R.N.

Pinkeye has made its presence known on Castleton's campus this spring. The Wellness Center staff has seen alarmingly high numbers of cases this semester. "Before [Spring] break, there were at least 50 documented cases," said Choma.

Pinkeye is a common infectious disease that affects the eyes. Its name refers to the color of the inflamed tissue in the eyes. Although pinkeye is highly contagious and typically irritating and painful, the condition is generally relatively easy to clear up. Only in rare cases does it pose a serious threat to an individual's eye or vision. Technically known as conjunctivitis (stemming from conjunctiva, the tissue that covers the surface of the eye and inner side of the eyelid, pinkeye is a relatively common infection.

However, since health care providers are not required to report infectious pinkeye to health authorities, there is no exact count on the number affected. The main and earliest symptom of pinkeye is general discomfort in and around the eye. Redness and inflammation typically follow the onset of pinkeye and sufferers often complain of the sensation of sand in their eyes. As conjunctivitis develops, some form of discharge may become present. The discharge varies in color (usually white, green, or yellow) and texture. There are several different forms of conjunctivitis, each with a different cause. Conjunctivitis is known as infectious if a bacteria or viruses cause it. Conjunctivitis is allergic if it is caused by an allergic reaction, irritant if it is triggered by something in the eye, or chemical it is caused by a chemical substance.

Pinkeye is treated in different ways, depending on its cause. Doctors may prescribe eye drops if the cause is bacterial. General practice is to wash eyelids gently with water and a clean cloth. Doctors usually remind patients to keep cloths used to clean the eye separate from other linens.

Because pinkeye is highly contagious, a person should always wash his or her hands before and after touching the eyes. Doctors also remind patients not to touch the infected eye and then the other eye. "Hand-washing is the best way to prevent pinkeye from spreading," said Choma.

Choma and her staff hang colored posters describing various infections that can be prevented by hand washing in restrooms around campus. Pinkeye is included on them.

Although the number of reported cases of pinkeye appears to be decreasing, the risk of contracting it is still present. If you suspect you have pinkeye, report it to a health care professional as soon as possible. The sooner the infection is treated, the fewer people it is likely to infect.

Eight Easy Steps for Weight Loss

by Christy Howe

Are college students fat? Of course not! They find plenty of time to take care of their health- among the incessant t.v. watching, school, the after-school job which usually calls for overtime, video game playing, Internet surfing and of course, the consumption of Big Macs, Whoppers, and the obligatory fries. Hey, with all those hours spent working, students don't have time to cook something "healthy". However, with 61% of Americans being overweight, could college students have missed something?

Come on. Americans are not clueless. The majority cannot be represented by the likes of Kate Moss or even Kate Winslet, for that matter. During the endless television viewing, it is doubtful that people black out during all the commercials pitching weight loss remedies such as Jenny Craig, WeightWatchers and SlimFast. And even if a few people don't watch t.v. or don't notice the commercials, just look around. The condition is hard to miss these days.

The problem of our country's weight does not stem from the lack of awareness of obesity. Americans are not stupid, and the problem is obvious when plus-size jeans can't be zipped without lying down, or when all clothes require an elastic waist. The problem does not come from ignoring obesity, but the inability to correct it. This arises two common questions: How do you lose weight? How do you keep it off?

With the first question, an answer can involve what would be considered the length of a book. However, to summarize, being overweight is more harmful than looking like a butterball. Being overweight makes one more likely to develop health problems such as heart disease, stroke, diabetes, certain types of cancer, gout (joint pain caused by excess uric acid), and gallbladder disease. Being overweight can also cause problems such as sleep apnea (interrupted breath during sleep) and osteoarthritis. The more overweight you are, the more likely you are to develop these problems. However, studies have shown that weight loss decreases these chances even when losing as little as ten to twenty pounds. It seems worth it to skip the doughnuts next time, doesn't it?

Okay, so now you know why losing weight is important, but how do you do it in a healthy way that will keep the pounds off? Nothing is worse than becoming unhealthy or even sick during a diet, or gaining back the unwanted pounds quicker when compared to them time it took to lose the weight in the first place. Don't fret! To lose weight, all you must do is follow eight simple steps, stressed by nutritionists for ages. These eight steps, when used correctly, will guarantee effective and permanent weight loss.

First, drink lots of water! Drink six to seven pints a day. Sound excessive? Not surprising. Most drink liquid only when they feel thirsty. In most cases, experiencing thirst is a sign that the individual has already been dehydrated several hours. This is not healthy! Also, people usually drink soda, coffee or juice. These drinks often have high caffeine or sugar content, and those only dehydrate and add calories faster. Water is best, as it contains neither.

So how does water help with actual weight loss? Water clears waste out the body that would normally be stored as fat. This has a part in making the metabolism faster and more efficient, allowing faster weight loss than without water.

Second, don't skip meals! Most think that eating less means losing weight. However, skipping meals slows down the metabolism, since the body goes into "survival mode", storing necessary nutrients longer. Also, many people cannot skip meals without feeling faint or sick. This can often cause people to binge, resulting in gaining all the weight back and sometimes more. The body takes longer to come out of survival mode, and retains all nutrients ingested from binging, thus gaining the weight quickly. So, for most, skipping meals only results in a roller coaster of weight loss and gain. For those who can take it, the lack of nutrients results in health problems down the road.

Third, do not weigh yourself more than once a week! When you do it more often, you are setting yourself up for disappointment. No matter how much (or little) a person eats day to day, weight naturally fluctuates. Sometimes, you could weigh more on a day you stuck to your diet, and less on a relaxed day. This can cause frustration. When a person weighs themself only weekly, it reveals progress and eliminates the opportunity for disappointment.

Fourth, treat yourself once in a while! When a person is dieting, naturally they stay away from junk food and sweets. However, it's expected for the individual to crave these foods at some point. Keeping this in mind, the dieter should treat themselves every so often. Make sure your portion is moderate, however. This helps to alleviate cravings.

Fifth, exercise! Exercise thirty minutes at least three times a week. Exercise not only makes metabolism faster and is good for the heart, but it tones the body. Would you rather date 235 pounds of muscle or excess fat?

Sixth, eat healthy! In order for a person to lose weight, they must eat three healthy meals a day. A healthy diet does not include large amounts of sweets or heavily fried foods. The diet should include an assortment of fruits, vegetables, fish, meat and dairy. WeightWatchers stresses this whole concept. It also teaches which foods are more fattening than others, and assigns each food a number of points. Over the course of a day, a person can eat a certain number of points regulated by their height, weight and age.

Seventh, set small goals for yourself! For example, let's say you need to lose twenty pounds. It seems like a lot doesn't it? If you make your first goal five pounds, it seems within reach. When a goal seems attainable, a person is less likely to become unmotivated or feel it's hopeless.

Lastly, give yourself the motivation! Ask yourself what motivates you most to lose weight. Is it to be healthier? To look better? Put a piece of writing by your bed that inspires your goal some way. Remind yourself of your goal each morning. However, if your motivation is not to please yourself, but someone else, stop your diet plans. If you do not diet for your own aspirations, you will quickly lose steam when trying to please someone else.

EVENTS

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Surreal Life

This week's picture submitted by Kelsey Dangelo

If you have a funny photo that you would like to see in the Surreal Life section, email it to The Cairn at cairn@castleton.edu